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MANUAL

OF

MUSICAL DRILL

AND

SYSTEM OF PHYSICAL TRAINING

FOR THE USE OF

TEACHERS IN SCHOOLS.

BY

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CAPTAIN AND HONORARY SECRETARY OF THE ABERDEEN GYMNASTIC AND ROWING CLUB;

AND

Holding Government Certificate from the Gymnasium at Aldershot.

"If you wish to develop the mind of a pupil, develop the power which that mind has to govern, exercise the body; make it healthy and strong, that you may make the pupil prudent and reasonable.—*Rousseau.*

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9

TO

SHERIFF J. DOVE WILSON,

LL.D., D.L., &c.,

ABERDEEN,

IN

GRATEFUL acknowledgment of the important services he has rendered to the cause of Physical Education in Aberdeen and its neighbourhood, by promoting its introduction into our Public Institutions and Schools,

AND

In aiding to elevate the stand-point of Physical Training from a former neglected and despised condition, to its recognised position as a valuable branch of the Educational Treatment of the young.

THIS WORK

IS

RESPECTFULLY INSCRIBED

BY

THE AUTHOR.

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PREFACE.

EVERY one will admit that since the passing of "The Education (Scotland) Act of 1872," the intellectual training of the children at the Board Schools has been vastly improved. Year by year additional subjects are being introduced, and the result must be, that in a short time, pupils after having satisfied the requirements of the Educational Code, will leave school with their mental faculties in a high state of efficiency. But, while the benefits arising from such a course of instruction cannot be too highly prized, it must be admitted that, during the period of life in which boys and girls are engaged in acquiring this high degree of mental culture, their physical education is, in most schools, neglected, and the bodily health, if not entirely left to chance, is not secured by any regular or systematic course of training. It has also to be borne in mind that boys and girls are employed in mastering the subjects presented in the Code at a time when nature is still engaged in the development of the organs and of the bodily strength, and when most of her energy is required for this purpose. Again, it does not seem to be fully realized that education is a *means* to an *end* and not an end in itself. Education, properly so called, should be a means for training all the faculties of the young in such a way, that, when school is left, they may be best fitted for entering upon and carrying out the business of life, with the greatest amount of comfort to themselves and with a corresponding amount of usefulness to their fellow creatures. Our system of education must be far from perfect, when, as an ever increasing number of startling cases testify, a large proportion of the youth of our country, though they may leave school with their mental powers highly developed and disciplined, are so deficient in physical vigour that our boys are ill prepared for the wear and tear of industrial or professional life, and our girls, in so many instances, miserably fitted for undertaking the often hard and trying duties of a woman's lot.

In the hope of supplying in some degree this want of a systematic course of physical training in our Public Schools, I published some two years ago, at the request of the members of the Aberdeen Branch of the Educational Institute of Scotland, a short manual of Physical Instruction. The success attending the publication of this Manual may be judged from the fact that, within twelve months, over one hundred and fifty teachers, male and female, in Aberdeen and its immediate neighbourhood, came voluntarily forward, and, after passing a severe test, received from me certificates of proficiency in Drill and Gymnastics.

The earnestness with which these teachers and others set themselves to master the subjects, and the experience gained by them and by myself in the actual physical training of the young, soon led to the discovery that the Manual was deficient in two important points—first, in Musical Drill, and second, in exercises specially adapted for improving the carriage and deportment of pupils, particularly those in Ladies' Schools.

In the Manual now presented, these deficiencies have been supplied, and, in regard to other features of physical training, so much new matter and so many improvements have been introduced, that this may be regarded as practically a new work. Musical Drill, Hoop Drill, and Bar Bell Exercises occupy a prominent place in its pages. As the Manual has been compiled in the leisure hours of a busy life, I cannot assume that it will be found perfect. To make it complete within the lines sought to be covered has been the object aimed at. In this task, valuable aid has been rendered me by Mr. John Thomson, Jr., who has long been a most efficient member and Honorary Treasurer of the Aberdeen Gymnastic and Rowing Club, and has for upwards of two years devoted most of his spare time to the teaching of the exercises herein set forth. Many of these exercises were devised by himself, and the whole of the music has been arranged by him. Dr. J. G. Hall, Honorary Surgeon of the Clnb, has been kind enough to make himself acquainted with the exercises, so as to judge of their suitability for children, and he authorises me to state that none of them will cause any undue strain, and that they will serve admirably the purpose intended. Dr. Hall, and Mr. James Brebner, A.M., Rector of

Harris Academy, Dundee (who has had the physical instruction of a large number of pupils carried out under his direction for several years), have given efficient assistance in passing the work through the press ; and Mr. Robert Brough, Artist, of Messrs. Andrew Gibb & Co., has taken a great amount of trouble in executing the figure illustrations. To each of these gentlemen my hearty acknowledgments are gratefully tendered for the services they have so freely bestowed.

As in the Manual issued in 1886, the exercises are given in two Divisions. The exercises in the First Division require little (if any) apparatus, and a number of pupils may be instructed in them simultaneously. The exercises in the Second Division are very valuable, although few and simple, but they will require the use of such apparatus as is generally found in a Gymnasium. During the past two years, the greater part of the exercises in the first division have been taught to classes of young ladies, as well as to gentlemen over forty years of age, and all who have engaged in them have been greatly benefited.

For Head Mistresses and Assistant Female Teachers, I consider the exercises in the first Division sufficient ; but for Head Masters, Assistant Male Teachers, and for Pupil Teachers of both sexes, I would strongly recommend the exercises in both Divisions.

In concluding, I venture to express the hope that all, into whose hands this Manual may fall, will exert themselves in every possible way to further the Physical Education of the youth of our country, and will not relax their efforts until the Education Department renders the subject a compulsory one, by introducing it into the Code, and by allowing, after due inspection, a reasonable grant to those schools in which it is found to be efficiently taught.

When this is done, and not till then, Britain may expect to continue to hold her own with the other leading nations of the world, in manufactures, science and art, for even more so at the present time than in the palmy days of Greece and Rome, is the saying true, *Civium vires civitatis vis !* "

GEO. CRUDEN.

108 Crown Street,
Aberdeen, *February*, 1889.

RULES FOR CONDUCTING THE LESSON.

I.—*THE TEACHER.*

The Teacher ought in the first place to be thoroughly acquainted with the exercise or exercises to be imparted to the Pupils. While close attention to the instruction given must be insisted on, it should never be forgotten that in the Teacher's manner of imparting the instruction lies the power of securing the attention and proficiency of the Pupil, and the successful Teacher is the one who secures the above result, by imparting to his or her pupils less or more of his or her enthusiasm without having to resort to compulsory measures. Attention to minor details will mark the successful Teacher, and, while variety in the exercises given is necessary for keeping up the interest, no Pupil should be permitted to perform any exercise in a slovenly or careless manner without having his or her special attention at once directed to the fault. The words of command should be loud and sharp, yet distinctly pronounced, so as to be heard by all concerned. When a command consists of one word it should be preceded by a caution : the cautionary part of a command should be given slowly and distinctly ; the last, or executive part, which, should generally consist of only one word or syllable, ought to be given sharply and quickly, *e.g.*, *Squad—Halt*—or *half left-turn.* A pause of slow time should invariably be made between the cautionary part of the command and the executive part. The utmost coolness must at all times be observed, and when a mistake is made, and observed, at once call out " as you were —my mistake."

II.—*THE PUPILS.*

On commencing a course of instruction, the pupils should be "sized" and "numbered," and this order, which is for the sake of convenience only, will be preserved during the subsequent practice of the class. At the commencement of every lesson the pupils will "Fall in" in this order and proceed to the exercise with which the lesson is to begin, and in the same order will pass to the succeeding ones. It is not desirable otherwise to preserve any formal attitude during the lesson, while at the same time it will be readily perceived that the due observance of certain rules and regulations is necessary, not only for the sake of propriety, and of securing order in the gymnasium or school, but also for the sake of the advantage to be derived from the careful performance of the exercises, and for the safety of the pupils during their practice. Under ordinary circumstances the Teacher will set (*i.e.* perform in its perfect manner) each exercise followed by the pupils. When working on the Horizontal Bar, or on any piece of apparatus in the gymnasium, each pupil will hold himself or herself ready in his or her proper time to step up to the machine the instant the preceding pupil has quitted it, and on the completion of the exercise the pupil will quietly step aside to give place to the next, previously steadying or re-adjusting the machine when required, and take his or her place as indicated by the Teacher, either by returning to the side of the machine from which he or she started, to be in readiness to follow in the next exercise, or by remaining on the side where the exercise terminated, as may be most suitable for the effective working of the machine and for watching the performance of each succeeding pupil. Pupils must repress all laughing at the mishaps or unsuccessful efforts of beginners as this is calculated to discourage, annoy, or distract attention; and on no account must they attempt to baulk, hinder, or interfere with any one during the performance of an exercise; but this need not be allowed to mar the full enjoyment and free expression of interest felt in witnessing each other's performance, successful or unsuccessful.

Prior to commencing a course, a strict medical examination should be made of each pupil, and measurements (to be repeated at the end of the course) should be taken of each pupil's chest, fore arm and upper arm. The pupil's height, weight, and age should also be noted in the "measurement book" which should be kept in each gymnasium or school. The measurements at the commencement and termination of each course should be made in the presence of a medical man.

III.—*DRESS.*

While engaged in practising the exercises laid down in this Manual, the question of dress is of considerable importance. As affecting health and comfort it demands much greater attention than is generally bestowed on it. While a hard and fast rule cannot be laid down, nor insisted upon, it may be of use to refer to the matter briefly.

In order that the natural movements of the body may not be hindered, no part of the dress should be tight; for the circulation is impeded in proportion to the extent of the parts which are compressed. In boys, the waistcoat, trousers, and the collar of the shirt—in girls, the petticoats, corsets, boots and shoes, are most frequently at fault in this respect. In the dress of boys and men the following are the most common faults—the wrist-bands and collar of the shirt are often very tightly buttoned, the jackets and waistcoats so tight that the expansion of the chest, necessary for deep breathing, is prevented. Braces should be entirely done away with, especially during growth, for they hinder the free action of the arms, and are superfluous, for the trousers can be fastened by straps, which run from the hip bones to the chine bone, where they can be buckled. The pressure on the stomach and abdomen can be prevented by a half-circular cut on the front side of the trousers.

In the dress of girls or women the following are the principal faults—their hats, dresses, and petticoats are often tied too tightly; the latter should be cut in front in a half-circle, and also fastened like trousers on the chine bone, which would prevent pressure on the abdominal organs.

Shoulder straps are as bad as braces. The stockings should never be so tight as to leave an impression of the material on the skin ; and instead of fastening them in the usual way by garters, it is better to do so by elastic tapes, fixed on a waistband on the hip bones, and passing through a loop on each side of the stocking. Too much cannot be said against the use of corsets, considered by many ladies to be indispensable, but these soon become superfluous if the Exercises in this Manual are practised regularly and in moderation, and the many female complaints, caused by their compression of the lungs and abdominal organs, are thus avoided.

The best dress, therefore, for boys and men is a pair of white flannel or serge trousers, a thin merino linder, a pair of woollen socks, and canvas shoes with india-rubber soles ; and for girls and ladies, a blouse or loosely fitted tunic, without corsets or bustles, serge trousers, and canvas shoes with india-rubber soles, and low heels. In cold and windy weather pupils should take their great coats or cloaks with them and wear them buttoned up over the chest and round the neck on leaving the gymnasium or school after practice.

While the principal object of a course of gymnastic instruction, is to exercise and develop *all* the parts of the body, Teachers should always devote the greatest attention to the development of the chest, for in its judicious expansion is to be found the most valuable result of physical training.

PRELIMINARY INSTRUCTION.

S. 1—POSITION OF THE PUPIL.

The pupils should "Fall in" in single rank, and stand with the shoulders and body square to the front. The heels must be in line, and closed; the knees straight; the toes turned out, so that the feet may form an angle of 45 degrees; the arms hanging easily from the shoulder, the hands open, thumbs to the front and close to the forefinger, fingers lightly touching the thigh; the hips rather drawn back; the chest well braced up, but without constraint: the body straight and inclining forward so that the weight of it may bear principally on the fore part of the feet; the head erect, but not thrown back; the chin slightly drawn in, and the eyes looking straight to the front.

When the pupils "Fall in" for instruction, they will be taught to place themselves in the position above described.

The pupils will then be numbered from right to left, and on the word "March" (to be given by the Teacher), the odd numbers will take one pace to the front, and the even numbers will step back one pace.

N.B.—The words in the margin printed in *italics* are the commands to be given by the Teacher.

S. 2—STANDING AT EASE.

Pupils will first be taught the motions of Standing at Ease by Numbers, then by Judging the Time.

(1)—By Numbers.

CAUTION—*Stand at Ease by Numbers.*

One { On the word "One," raise the arms from the elbows, left hand in front of the centre of the body, as high as the waist, palm upwards; the right hand as high as the right breast, palm to the left front; both thumbs separated from the fingers, and the elbows close to the sides.

Two { On the word "Two," strike the palm of the right hand on that of the left.

Three { On the word "Three," drop the arms to their full extent, keeping the hands together, and passing the right hand over the back of the left as they fall; at the same time draw back the right foot six inches, and slightly bend the left knee.

When the motions are completed, the arms must hang loosely and easily, the fingers pointing towards the ground, the right thumb lightly held between the thumb and palm of the left hand; the body must incline forward, the weight being on the right leg, and the whole attitude without constraint.

Squad —Attention { On the word "Attention," spring up to the position described in S. 1.

(2)—By Judging the Time.

CAUTION—*Stand at Ease, Judging the Time.*

Stand at— Ease { On the word "Ease," go through the motions described in the Standing at Ease by Numbers, distinctly but smartly, and without any pause between them.

Squad—Attention. As before.

If the command "Stand at Ease" is followed by the word "Easy," the pupils will be permitted to move their

limbs, but without quitting their ground, so that on coming to "Attention" no one shall have materially lost his or her dressing in line. If the pupils are required to keep their dressing accurately, they should be cautioned not to move their left feet.

On the word "Squad" being given to pupils standing easy, every pupil will at once assume the position of Standing at Ease.

S. 3—TURNINGS.

In going through the Turnings, the pupil must turn as on a pivot, without a jerk; the arms, head, and body being kept perfectly steady, the movement being with the feet.

Right—turn — On the word "Turn," raise the right toe and the left heel, and turn a quarter circle to the right on the right heel and left toe.

Two — On the word "Two," bring up the left heel to the right, placing the left foot on the ground with a distinct beat.

Left—Turn — On the word "Turn," raise the left toe and the right heel, and turn a quarter circle to the left on the left heel and right toe.

Two — On the word "Two," bring up the right heel to the left, placing the right foot on the ground with a distinct beat.

Half-right—Turn — On the word "Turn," raise the right toe and the left heel, and turn an eighth of a circle to the right on the right heel and left toe.

Two — On the word "Two," bring up the left heel to the right, placing the left foot on the ground with a distinct beat.

Half-left—Turn — On the word "Turn," raise the left toe and the right heel, and turn an eighth of a circle to the left on the left heel and right toe.

Two — On the word "Two," bring up the right heel to the left, placing the right foot on the ground with a distinct beat.

About { On the word "About," raise the left toe and the right heel, and turn a half circle to the left on the left heel and right toe.

Two { On the word "Two," bring up the right heel to the left, placing the right foot on the ground with a distinct beat.

S. 4—BALANCE STEP.

The object of the Balance Step is to teach the pupil the very foundation of what constitutes a graceful gait or carriage, and no labour should be spared to attain this end. During the movements the body must be kept perfectly steady and well forward, the shoulders also being square to the front.

(1)—Without Advancing.

CAUTION—*Balance Step, commencing with the Left Foot.*

Front { On the word "Front," the left foot will be raised from the ground by a slight bend of the knee, and carried gently to the front without a jerk, the knee being gradually straightened as the foot is carried forward ; the foot to be turned out at the same angle as when halted, the sole parallel to and clear of the ground, the heel just in advance of the line of the right toe.

Rear { On the word "Rear," given when the body is steady, the left foot will be brought gently back without a jerk, till the toe is in line with the right heel, clear of the ground ; the left knee to be a little bent.

When steady, the words "Front" and "Rear" will be repeated several times, and the motions performed as above described.

Halt { On the word "Halt, which should always be given when the moving foot is in rear, that foot will be brought to the ground with a beat in line with the other.

The pupils will afterwards be taught to balance upon the left foot, carrying the right foot forward and backward. Standing on one leg and swinging the other backward and forward without constraint is an excellent practice.

(2)—Advancing.

CAUTION—*Balance Step, Advancing on the word "Forward."*

Front { On the word "Front," the left foot will be carried to the front as before.

Forward { As soon as the pupils are steady in the above position the word "Forward" will be given, on which the left foot will be brought to the ground at from 20 to 30 inches distant (according to the age of the pupil) from heel to heel, toes turned out at the same angle as when halted; and the right foot will immediately be raised and held extended to the rear, toe in line with the left heel, the right knee to be slightly bent.

Great care must be taken that the toes remain throughout at the same angle; that the body accompanies the leg, and remains straight but inclining forward, and that the head is erect and turned neither to right nor left.

Front { On the word "Front," the right foot will be brought forward, and so on alternately.

Halt { On the word "Halt," which should always be given when the moving foot is to the front, that foot will complete its pace, and the rear foot will be brought up in line with it.

S. 5—THE SLOW MARCH.

The main objects to be attained by this drill are cadence, length of step and direction, and, as these are an essential preparation for securing an accurate and graceful carriage, the pupils should be thoroughly instructed in this step.

Slow—March

The time having been given on the piano, or other musical instrument at hand, on the word "March," the left foot will be carried 20 to 30 inches to the front as before directed, and, as soon as it reaches the ground, the right foot will be carried a similar distance to the front, and so on alternately. *For Music, see page* 103.

S. 6—THE QUICK MARCH.

Quick—March

The time having been given on the piano, or other musical instrument at hand, on the word "March," the squad will step off with a beat with the left feet, head erect, chest well braced up, arms steady by the sides, taking a pace of from 20 to 30 inches, and about 120 paces a minute. *For Music, see page* 105.

S. 7—THE DOUBLE MARCH.

Double-March—(or Break into Double Time)—Double

On the word "March," or "Double"—the time having been given on the piano or other musical instrument at hand—the squad will step off together with the left feet, taking a pace of from 23 to 33 inches and about 165 paces a minute; at the same time raising the hands as high as the waist, closing the fists and carrying back the elbows. *For Music, see page* 75.

S. 8—MARKING TIME.

Mark—Time

On the words "Mark Time," the foot then advancing will complete its pace, after which the cadence will be continued, without advancing, by raising each foot alternately about three inches from the ground, keeping the body steady; on the word *forward*, the usual pace will be resumed.

S. 9—CHANGING STEP.

Change-Feet — To change step in marching the advancing foot will complete its pace, and the ball of the rear foot will be brought up quickly to the heel of the advanced one, which will instantly make another step forward, so that the cadence will not be lost—in fact, two successive steps will be taken with the same foot.

S. 10—THE SIDE OR CLOSING STEP.

(1)—By Numbers.

CAUTION—*Right Close, by Numbers.*

One — On the word "One," carry the right foot 12 inches to the right, keeping the head and shoulders perfectly square to the front and the knees straight.

Two — On the word "Two," bring the left foot smartly up to the right, heels touching,

Repeat as above till the required distance is gained, and on the word "Halt" being given, the left foot will be closed on the right.

(2)—By Judging the Time.

CAUTION—*Right Close, Judging the Time.*

Right Close, Quick-March — On the word "March," each pupil will carry the right foot 12 inches direct to the right, and instantly close the left foot to it, thus completing the pace; the next pace will be taken in the same manner.

Halt — On the word "Halt," the pupils will complete the pace they are taking and remain steady.

Pupils should be practised in closing to the left by numbers, and judging the time in the same manner.

FIRST DIVISION.

I.—MARCHING DRILL.

The following exercises require a large room, or an oblong space, and with the aid of music, and by alternating from walking to running and *vice versa*, the monotony may be greatly relieved.

In the running drill a healthy circulation is promoted and the lung power is increased; but care should be taken not to run too long a distance at first. The heels should not touch the ground, but the weight of the body should be sustained upon the ball of each foot. If this Rule is observed, it will do much to abolish flat feet and knock-knees, and give instead a healthy and graceful carriage. Two or more Leaders should be selected and placed on the right, and the rest of the pupils should carefully follow their footsteps.

In marching, the pupil must maintain the position of the head and body as directed in S. 1. The movements of the leg must spring from the haunch and be free and natural. Both knees must be kept straight, except while the leg is being carried from the rear to the front, when the knee must necessarily be a little bent, to enable the foot to clear the ground. The foot must be carried straight to the front without a jerk, the knee being gradually straightened as the foot is carried forward, the sole parallel to and clear of the ground, and, without being drawn back, placed softly on the ground so as not to jerk or shake the body; the toes turned out at the same angle as when halted.

The class should be formed up, two deep on one of the sides of the room, or oblong space, and at "stand at ease."

CAUTION—*Marching Drill.*

Attention. As before.

Number. As before.

Right—Dress { On the word "Dress," each pupil in the front rank, except the one on the right, will turn the head and eyes slightly in the direction named, and will take up his or her dressing in line by moving, with short quick steps, till he or she is just able, to distinguish the lower part of the face of the second pupil beyond him or her; care must be taken that the body is carried backward or forward with the feet, the shoulders being kept perfectly square in their original position. The pupils in the rear rank (*i.e.* the second row) will look straight to the front and cover the pupil in front of them.

Eyes—Front { On the word "Front," the head and eyes will be turned to the front.

1st EXERCISE.

Quick-March { On the word "March," the front rank will march three paces to the front stepping off with the left feet.

Two { On the word "Two," the whole will turn to the right in two motions.

Three { On the word "Three," the even numbers will take one pace to the right with their right feet and bring up their left to their right feet; at the same time the odd numbers will take one pace to the left with their left feet, and bring up their right to their left feet.

Four { On the word "Four," the whole will march three paces to the front.

Five { On the word "Five," the even numbers will take a pace to the left, and the odd numbers a pace to the right.

Six { On the word "Six," the whole will turn to the front (the left).

Seven { On the word "Seven," the odd numbers will take one pace to the front, and the even numbers will step back one pace.

Eight { On the word "Eight," the whole will turn to the left.

Nine { On the word "Nine," the whole will march three paces to the front.

Ten { On the word "Ten," the even numbers will take one pace to the right, and the odd numbers one pace to the left.

Eleven { On the word "Eleven," the whole will turn to the right.

Twelve { On the word "Twelve," the rear rank will step up three paces.

N.B.—This exercise, when accompanied by music, should be repeated from three to six times according to the size of the room, or space available, and at its conclusion the pupils should go about, march to the place from whence they started, turn to their front, and stand at ease.

2nd EXERCISE.

Before commencing this exercise, the pupils will be divided into two half companies—*e.g.*, if there were 38 pupils, Nos. 1 to 10 would form the "right half company," Nos. 11 to 19 the "left half company."

Quick–March { On the word "March," the front rank will march three paces to the front, as in previous exercise.

Two { On the word "Two," the right half company will turn to the right, the left half company to the left.

Three { On the word "Three," the right half company will proceed as in "Three" of previous exercise, the even numbers of the left half company will take one pace to the left the odd numbers at the same time taking one pace to the right.

Four { On the word "Four," both half companies will march three paces to their respective fronts.

Five { On the word "Five," the right half company will proceed as in "Five" of previous exercise, while the even numbers of the left half company will take a pace to the right, and the odd numbers a pace to the left.

Six { On the word "Six," the whole will turn to the front, (*i.e.*, the right half company to the left and the left half company to the right).

Seven { On the word "Seven," the odd numbers of both half companies will take one pace to the front, and the even numbers will step back a pace.

Eight — On the word "Eight," the right half company will turn to the left, the left half company to the right.

Nine — On the word "Nine," both half companies will march three paces to the front.

Ten — On the word "Ten," the even numbers of the right half company will take one pace to the right, and the odd numbers one pace to the left, while the even numbers of the left half company will take one pace to the left, and the odd numbers one pace to the right.

Eleven — On the word "Eleven," the whole will turn to the front, (*i.e.*, the right half company to the right, and the left half company to the left).

Twelve — On the word "Twelve," the whole of the rear rank will step up three paces—while this is being done, the front rank, which should be marking time, will touch in to the centre.

N.B.—This exercise should be repeated and ended, as in the preceding exercise.

3rd EXERCISE.

Quick-March — On the word "March," the front rank will take one pace to the front.

Two — On the word "Two," the even numbers of both ranks will step back one pace.

Three { On the word "Three," the whole will turn to the right.

Four { On the word "Four, the even numbers will take one pace to their front.

Five { On the word "Five," the even numbers will step back one pace.

Six { On the word "Six," the whole will turn to the left.

Seven { On the word "Seven," the even numbers will step up one pace.

Eight { On the word "Eight," the rear rank will step up one pace.

Nine { On the word "Nine," the front rank will take one pace to the front.

Ten { On the word "Ten," the even numbers of both ranks will step back one pace.

Eleven { On the word "Eleven," the whole will turn to the left.

Twelve { On the word "Twelve," the even numbers will take one pace to their front.

Thirteen { On the word "Thirteen," the even numbers will step back a pace.

Fourteen { On the word "Fourteen," the whole will turn to the right.

Fifteen { On the word "Fifteen," the even numbers will take one pace to the front.

Sixteen { On the word "Sixteen," the rear rank will take one pace to the front.

This exercise, when accompanied by music, should be repeated from three to six times according to the size of the room or space available, and as the pupils reach the opposite end of the space or room from which they started, the whole will turn to the right and march round one half of the room or enclosure till the leaders reach the centre of the space where the exercise commenced. The leaders will then wheel to the right and march down the centre of the room. No. 1 of the front rank will then wheel to the left about, and No. 1 of the rear rank will at the same time wheel to the right about and continue marching up and down till they reach the edge of the enclosure or room, when they will meet and march to the position from which they started, turn to the front, and Stand at Ease.

4th EXERCISE.

Quick-March { On the word "March," the squad will repeat the first exercise once.

Change { On the word "Change," the squad will repeat the first four movements of Exercise No. 3.

Forward — On the word "Forward," the whole squad will wheel to the left and mark time opposite the centre of the side of the space or room in which they happen to be.

Change — On the word "Change," the squad will repeat the fifth, sixth, seventh, and eighth movements of Exercise No. 3.

The above should be repeated four times, which will bring the squad back to the point from which it started.

MILITARY DUMB BELL EXERCISES.

The following exercises have a double value. They not only exercise all the parts of the body, and thus tend to develope its different muscles and improve the carriage of the pupil, but they can also be engaged in by a number of pupils at the same time, and by the same word of command.

The position of the teacher should be opposite the centre of the pupils, and, as a rule, the teacher should execute every movement while giving the word of command. If the exercises are shewn by the teacher while *facing* the pupils they should be done in the opposite way, *e.g.*, when the command "left foot forward" is given by the teacher, he or she should act as if the command "right foot forward" had been given.

The weight of the bells should be from 2 to 6 lbs.; and for children they should be made of wood.

S. 1.—First Practice—without Bells.

The pupils should "fall in" two deep and at "stand at ease."

Attention. Position of attention.

Number { On the word "Number," the pupils will number from right to left.

Open-out, March { On the word "March," the front rank will take three paces to their front, stepping off with the left feet with a distinct beat.

Two { On the word "Two," the odd numbers of both ranks will take one pace to their front, the even numbers one pace to the rear.

to the—Rear. On the word "Rear," the whole will take a full step to the rear with the left foot, the right following.

1

to the—Front. Resume the first position.

to the—Rear. As before.

1st EXERCISE.

Ready On the word "Ready," move the hands to the rear, the left grasping the right arm just above the elbow, and the right supporting the left arm under the elbow (Fig. 1).

2

Two On the word "Two," turn an eighth of a circle to the right on the right heel, and place the left heel in front of the right (Fig. 2).

Three On the word "Three," make a full step to the front with the left foot, the right remaining firm and flat on the ground, the left knee well over the left toe, and the right knee perfectly straight, the back well hollowed, the head upright, the breast advanced, the shoulders flat, the eyes directed to the front (Fig. 3).

3

Recover On the word "Recover," bring the left foot back to the right (Fig. 2).

ght Foot—Forward On the word "Forward," turn a quarter of a circle to the left, turning on the left heel, and place the right in front of the left (Fig. 4).

4

Two On the word "Two," step out with the right foot forward as with the left.

Recover. As before.

Front — On the word "Front," turn an eighth of a circle to the right, and drop the hands down by the sides to the full extent of the arms.

5

Two — On the word "Two," take a pace to the front with the left foot, and bring up the right with a beat.

Stand at—Ease. As usual.

2nd EXERCISE.

Attention. As usual.

Astride — On the word, "Astride," carry the left foot 10 inches to the left front, the toes pointing to the front, the right following at the same distance on the right (Fig. 5).

Ready — On the word "Ready," bend the knees until they jut over the toes, keeping the heels on the ground; at the same time stoop from the waist and bring both hands to the ground in front of the centre of the body, the hands closed and together, the thumbs together, the knuckles to the ground (Fig. 6).

6

Up — On the word "Up," straighten the back (keeping the knees bent); at the same time swing the arms up in front of the body, and carry them to the full extent of the arms above the shoulders (Fig. 7). This exercise to be repeated six times, the pupils counting the numbers, and the teacher giving the time and pitch of voice by the word "Down" at each descent. The word to be given and the numbers to be counted in a clear and full tone, the sound to be prolonged over the time occupied in the ascent from the waist to the full extension of the arms.

7

Halt—On the word "Halt" to be given when the arms are straight above the head, lower the hands to the sides, and come to the position of Attention by carrying the left feet back to their former position, the right following.

d at—Ease. As usual.

S. 2.—Second Practice—with Bells.

8

The pupils should "fall in" two deep, with a in each hand, and at "attention."

Number. As before.

n-out—March. As before.

Two. As before.

er-Bells—On the word "Bells," bend down and place the bells on the ground in front of the toes (Fig. 8), and, after a slight pause, resume the position of attention.

to the—Rear. As before.

1st EXERCISE.

9

t Foot—orward—On the word "Forward," turn an eighth of a circle on the right heel to the right.

Two—On the word "Two," step to the front with the left foot, as in the First Exercise of the First Practice, the left hand grasping the thigh just above the knee, as the foot comes to the ground; the right arm extended in the line of the right leg (Fig. 9).

Right—Hand—On the word "Hand," seize the bell with the right hand, the lower limbs remaining in position.

Up — On the word "Up," raise the bell in front of the body, and bring it in to the shoulder, then, after a slight pause, raise the bell above the shoulder to the full extent of the arm, leaning strongly on the left knee and pressing the breast to the front during the ascent of the bell; in this position, the lower limbs to the knee and the left arm should form one continuous line from foot to shoulder (Fig. 10).

10

Down — On the word "Down," lower the bell to the shoulder, then replace it on the ground, and recover—as in First Practice.

Right Foot—Forward — On the word "Forward," turn a quarter of a circle to the left on the left heel.

Two. As before.
Left—Hand. As before.
Up. As before.
Down. As before.
Front. As usual.
Step to the—Front. As before.
Stand at—Ease. As usual.

11

2nd EXERCISE.

Attention. As usual.
Step to the—Rear. As in First Practice.
Left Foot—Forward. As before.

Both—Hands — On the word "Hands," seize a bell in each hand, the arms passing on either side of the knee, the right on the right, the left on the left side (Fig. 11).

Up — On the word "Up," raise the bells in front of the body, and bring them in to the shoulders, then, after a slight pause, raise the bells above the shoulders to the full extent of the arms, bending the left knee and pressing the breast to the front during the ascent of the bells (Fig. 12).

12

Down { On the word "Down," lower the bells to the shoulder, then replace them on the ground and recover.

ght Foot Forward { As with the Left Foot Forward.

Both—Hands. As before.
Up. As before.
Down. As before.
Front. As usual.
ep to the—Front. As before.
tand at—Ease. As usual.

13

3rd EXERCISE.

Attention. As usual.
ep to the—Rear. As before.
Foot—Forward. As before.

Right—Hand { On the word "Hand," seize the bell with the right hand.

Up { On the word "Up," raise the bell in front of the body, and bring it in to the shoulder, then after a slight pause recover, at the same time raising the bell above the head to the full extent of the arm (Fig. 13).

14

eft Foot Forward { As before, keeping the arm straight above the shoulder, and pressing the breast to the front (Fig. 14).

Down. As before.
t Foot—Forward. As before.
Left—Hand. As before.
Up. As before.
t Foot—Forward. As before.
Down. As before.
Front. As usual.
p to the—Front. As before.
tand at—Ease. As usual.

4th EXERCISE.

Attention. As usual.
Step to the—Rear. As before.
Left Foot—Forward. As before.

Both—Hands — On the word "Hands," seize a bell in each hand, the arms passing on either side of the knee, the right on the right, the left on the left side (Fig. 11).

15

Up — On the word "Up," raise the bells in front of the body, and bring them in to the shoulder, then, after a slight pause, recover, at the same time raising the bells above the head to the full extent of the arms (Fig. 15).

16

Left Foot—Forward — As before, keeping the arms straight above the shoulders, and pressing the breast to the front (Fig. 16).

Down. As before.
Right Foot—Forward. As before.
Both—Hands. As before.
Up. As before.
Right Foot—Forward. As before.
Down. As before.
Step to the—Front. As usual.
Astride. As before.

17

Ready (6 times) — On the word "Ready," as in Second Exercise of First Practice, bend the knees and stoop from the loins and seize the bells, one in each hand (Fig. 17).

18

Up — The action and position of the ascent as in Second Exercise of First Practice, carrying the bells (directed front and rear) above the shoulders (Fig. 18).

Down — On the word "Down," lower the bells, letting them swing to the rear between the legs, the instructor giving the word, the learners counting the numbers as directed in the Second Exercise of the First Practice (Fig. 19).

19

Halt — On the word "Halt," to be given when the bells are above the shoulders, bring the bells down to the shoulders, then, after a slight pause, bend the body and replace the bells on the ground, and resume the position of Attention.

Step to the—Rear. As before.
Stand at—Ease. As usual.

5th EXERCISE.

Attention. As before.
Step to the—Rear. As before.
ft Foot—Forward. As before.

ght-Hand (6 times) — On the word "Hand," seize the bell with the right hand as in third exercise.

Up — On the word "Up," raise the bell as in the previous exercise, the teacher giving the word "Down," and the pupils counting the numbers as in previous exercise.

Halt — On the word "Halt," replace the bells on the ground and recover.

ght Foot—Forward. As before.

ft—Hand (6 times) — Seize the bell with the left hand as above.

Up. As before.
Halt. As before.
ft Foot—Forward. As before.

th-Hands (6 times) — On the word "Hands," seize the bells, one in each hand.

Up — On the word "Up," raise the bells as in the preceding exercise, the teacher giving the word, the pupils counting the numbers as already directed.

Halt. As before.
Step to the—Rear. As before.
Stand at—Ease. As usual.

6th EXERCISE.

Attention. As usual.
Step to the—Rear. As before.
Left Foot—Forward. As before.

Both-Hands (6 times) Seize the bells as in the Fourth Exercise of the Second Practice.

Up On the word "Up," recover as before, the teacher giving the word, the pupils counting the numbers as before directed.

Down On the word "Down," proceed as before, making the step with the bells retained at the full extent of the arms and lowering them to the ground on its completion.

Right Foot—Forward. As before.
Both-Hands (6 times). As before.
Up. As before.
Down. As before.

Halt On the word "Halt," to be given when the bells are straight above the head and the body at the recover, remain steady (Fig. 20).

20

Steady On the word "Steady," lower the bells to the full extent of the arms.

Reform—Ranks On the word "Ranks," the even numbers of both ranks will take one pace to their front, the odd numbers of both ranks, at the same time, will step back one pace.

Two On the word "Two," the rear rank will take three paces to their front, stepping off with their left feet with a distinct beat.

Right (or Left)-Turn On the word "Turn," the whole will turn to the right (or left).

Places On the word "Places," the whole will step off with the left feet with a beat, carrying the bells, and put them in their places.

INDIAN CLUB EXERCISES.

INDIAN CLUBS are generally made of Pine or Hard Wood, and may be polished or stained and varnished —the upper part of handle should be polished in order to minify the friction and give an easy feeling to the hands while performing the exercises. The exercises are graceful and picturesque, give uniform employment to the upper part of the body, and are capable of adjustment to suit the strength of every learner. Clubs are generally 24 inches in length, the thick end being about $3\frac{1}{2}$-inches in diameter. The following sizes are recommended :—

For Infants, . . . 1 foot 8 inches by 3 inches.
„ Boys and Girls, 1 „ 9 „ by 4 „
„ Adults, . . . 2 feet 4 „ by 4 „

When falling in for Club Exercise, the squad should be formed up in two ranks at close order—the Clubs at the slope (when the Clubs are at the slope, the elbows should be close to the side and the forearm horizontal—see Fig. 1), and numbered from right to left, after which the squad should be turned to the right and marched round the gymnasium or room in quick time, halted, turned to the front, and made to stand at ease.– See March page 35.

1

INDIAN CLUB EXERCISES.

OPENING RANKS.

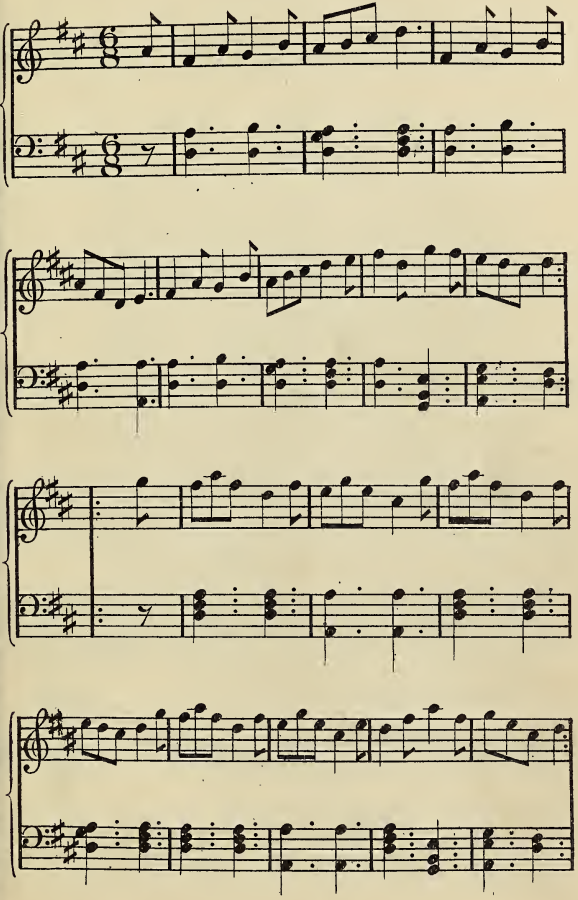
Open out March — On the word "March," the front rank will take three paces to the front, stepping off with the left foot with a distinct beat.

Two — On the word "Two," the odd numbers will take one pace to their front, the even numbers one pace to their rear.

Prove Distance — On the word "Distance," the whole squad will extend both arms outwards, and, with the exception of numbers one and two of both ranks, will move to the left—the right club to be 2 inches clear of the club on their right, as the pupils move to the left the heads and eyes will be turned to the right.

Steady — On the word "Steady," the squad will bring the clubs to the slope, and turn their head and eyes to the front.

MARCH.



INDIAN CLUB EXERCISES.

1st EXERCISE.

2

Words of Command.

Lower Clubs — On the word "Clubs" (or when a chord is sounded on the piano), the squad will bring the clubs by their side to the position of attention, the thumb and fingers grasping the handle, palms of the hands to the front, arms straight, shoulders, head, and body square to the front (see Fig. 2). The first 13 exercises are done from this position.

3

One — On the word "One," raise the arms in front of the body till they are in line with the shoulders—in a horizontal position, at the same time let the clubs fall over on the arms (Fig. 3).

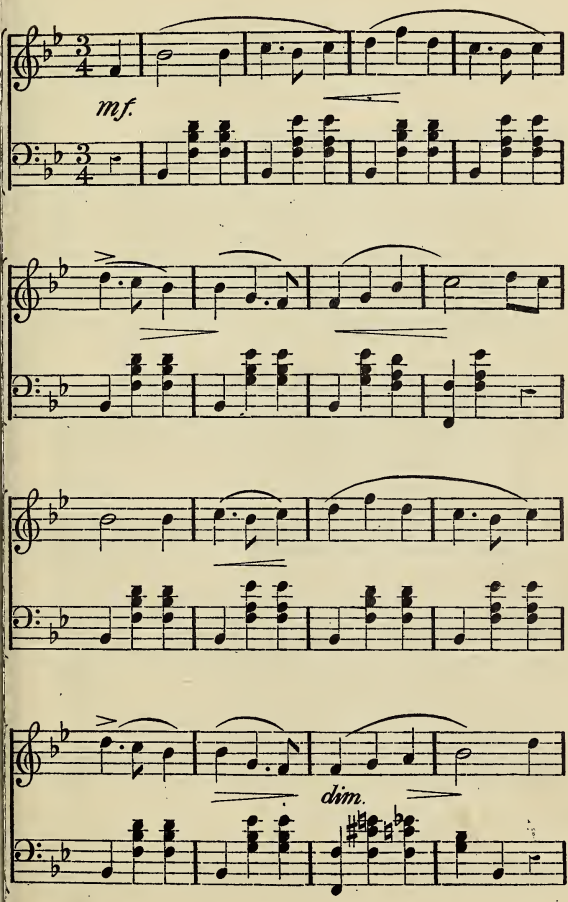
Two — On the word "Two," bring the clubs down to the position of attention (Fig. 2).

Three — On the word "Three," raise the arms from the sides of the body as high as the shoulders, and at the same time let the clubs fall over on the arms (see Fig. 4).

4

Four — On the word "Four," bring the clubs back to position of attention.

These movements to be repeated 16 times.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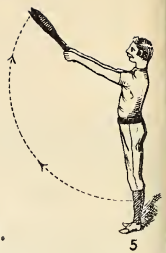
INDIAN CLUB EXERCISES.


5

2nd EXERCISE—1st Part (Two Movements).

One { On the word "One," raise the arms in front of the body till the clubs are a little above the head as in Fig. 5, then bend the arms, forcing the elbows well to the rear, as in Fig. 6, clubs to be kept perpendicular when in this position.

6

Two { On the word "Two," raise the clubs upwards in front of body till the arms are straight, as in Fig. 5, then bring them down in a circular motion by the side, where the downward motion must be checked.

Repeat 8 times.

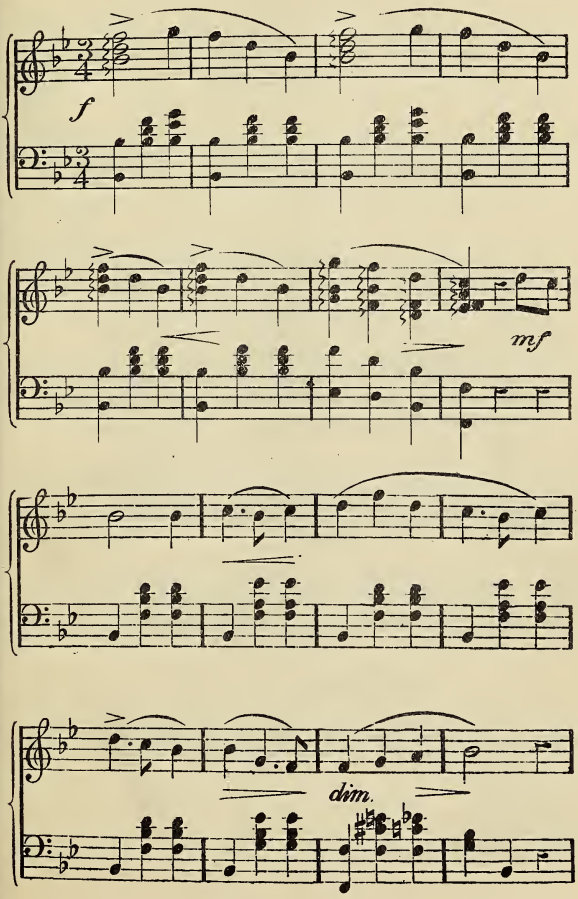
7

2nd Part (Two Movements).

One { On the word "One," go through the same movement as in 1st part.

Two { On the word "Two," raise the arms above the head (see Fig. 7), throw the clubs outwards (see Fig. 8), and downwards by the side and upwards in front of body—keeping arms straight till position of Fig. 6 is reached.

Repeat 8 times.

8

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INDIAN CLUB EXERCISES.

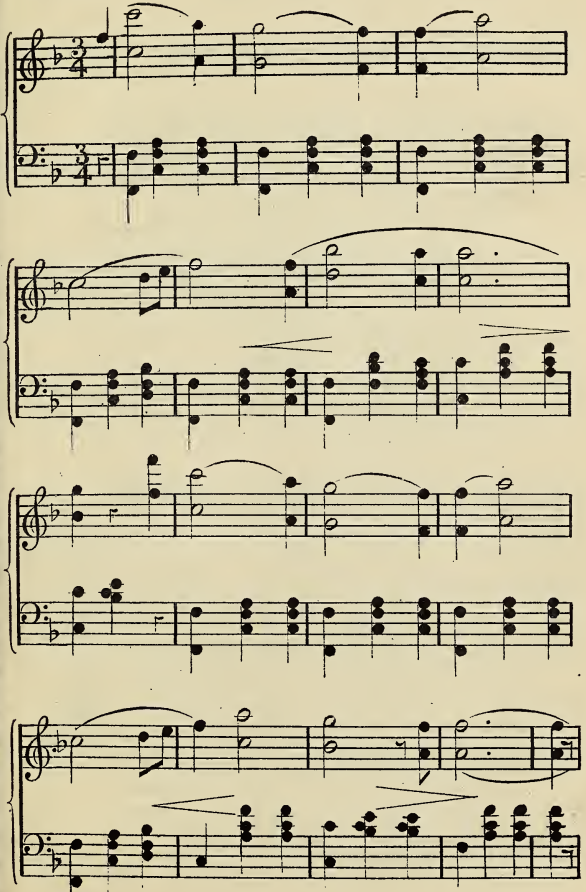
3rd EXERCISE (Two Movements).

One { On the word "One," take a full step to the right front with the right foot—the left foot to remain flat on the ground—at the same time raise the clubs in front of the body till they are perpendicular above the head, then bend the arms and let the clubs fall over the head, see Fig. 9). The head to be well thrown back and the chest well to the front.

Two { On the word "Two," bring the Clubs over the head and down by the sides, keeping the arms straight.

Repeat 8 times—when bringing the clubs from behind the head on the 8th time recover—*i.e.* draw back the right foot to the left.

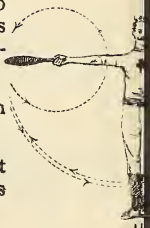
(2nd Movement).

Make a full pace to the left front and repeat the same exercise—8 times (Fig. 9).

INDIAN CLUB EXERCISES.

4th EXERCISE—1st Part (4 Movements).

One — On the word "One," raise the right arm in front of the body till in line with the shoulder, make a forward twist or circle with the club—on the completion of the circle bring the arm by the side (Fig. 10).

The club is twisted between the thumb and the forefinger—while doing this the back of the hand is turned downwards and the fingers opened out.



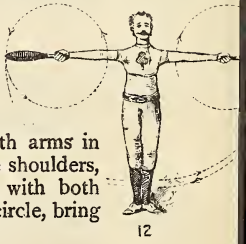
Two — On the word "Two," raise the left arm and repeat as with the right.

Three — On the word "Three," raise the right arm from the side of the body and repeat as in "One" (Fig. 11).

Four — On the word "Four," raise the left arm to side of body and repeat as with the right.

Repeat 8 times.

N.B.—During the whole exercise the arms are to be kept straight.

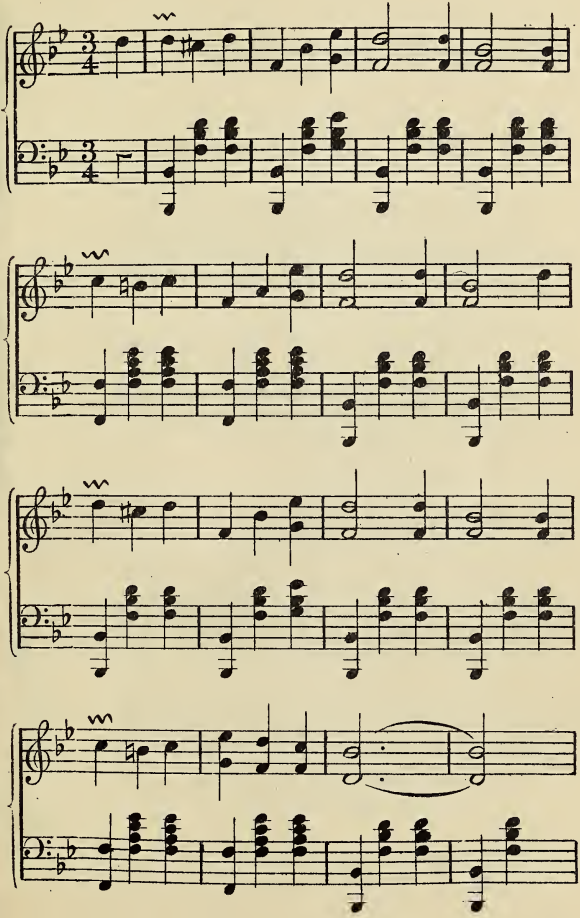


2nd Part (2 Movements).

One — On the word "One," raise both arms in front of body till in line with the shoulders, make a forward twist or circle with both clubs—on the completion of the circle, bring both arms by the side.

Two — On the word "Two," raise both arms outwards from the sides of the body and repeat the above movement (Fig. 12).

Repeat 8 times.



INDIAN CLUB EXERCISES.

5th EXERCISE—1st Part (2 Movements).

13

One — On the word "One," raise the arms from the elbows till horozontal, while doing so, make a reverse twist or circle, and carry the clubs over the shoulders (Fig. 13). Arms to be kept bent.

Two — On the word "Two," bring the clubs from behind the shoulder, and, as they are brought over the shoulder, make a forward twist with both clubs and bring them down by the side. (Fig 14)

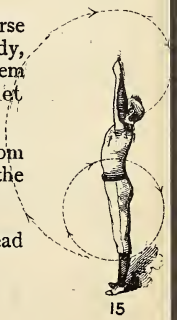
14

Repeat 8 times.

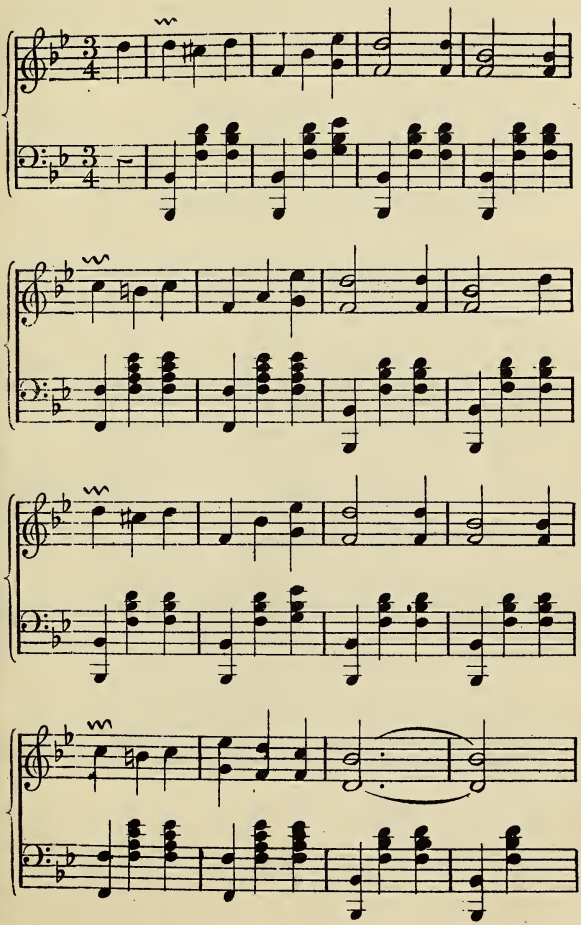
2nd Part (2 Movements).

One — On the word "One," make a reverse twist or circle, keeping the arms steady, after which raise the arms, keeping them rigid till above the head, — and then let the clubs fall behind (Fig. 15).

Two — On the word "Two," raise the clubs from behind, make a forward twist above the head, and bring the arms by the side.



15

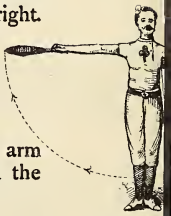
N.B.—In doing this exercise the head must be kept well back.

INDIAN CLUB EXERCISES.

6th EXERCISE—1st Part (2 Movements).

One { On the word "One," raise the right arm from the side of the body till in line with the shoulder (Fig. 16).

Two { On the word "Two," describe a circle in front of body with the club, keeping the arm straight. On the club reaching the right side, raise the left arm in line with the shoulder and describe a circle to the right.

Repeat 8 times.



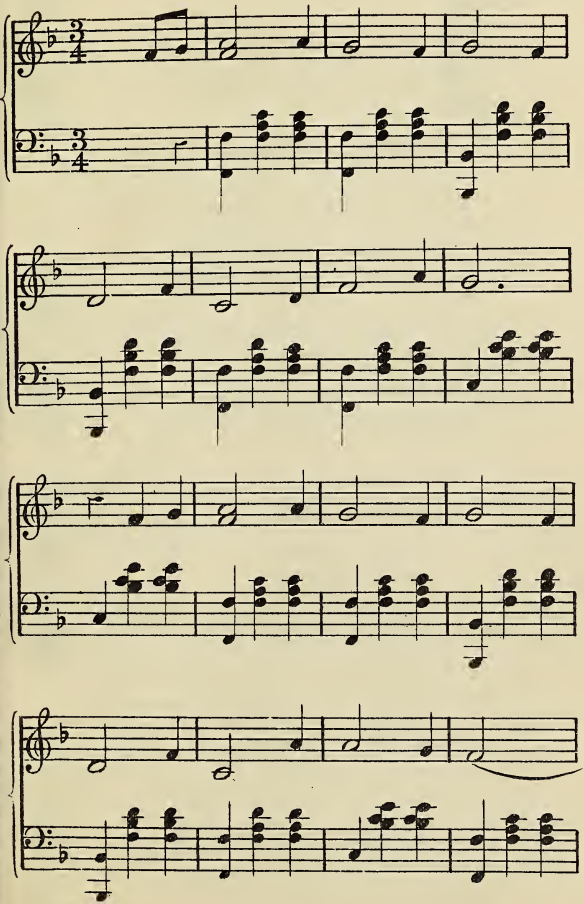
16.

2nd Part (2 Movements).

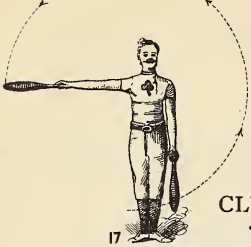
One { On the word "One," raise the right arm to the side of the body till in line with the shoulder.

Two { On the word "Two," describe three circles in front of the body with the club, keeping the arm straight On the completion of the third circle, raise the left arm in line with the shoulder and repeat the same movement.

Repeat 8 times.



INDIAN CLUB EXERCISES.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18

7th EXERCISE (2 Movements).

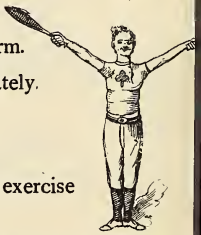
One { On the word "One," describe ¾ of a circle in front of body, keeping the arm rigid till it is in a horizontal position in line with the shoulders (Fig. 17).

Two { On the word "Two," turn the back of the hand downwards—bend the arm, and, at the same time, make a forward twist or circle, straighten the arm and bring the club by the side (Fig. 18).

19

Repeat this movement with left arm.

Repeat 8 times right and left arm alternately.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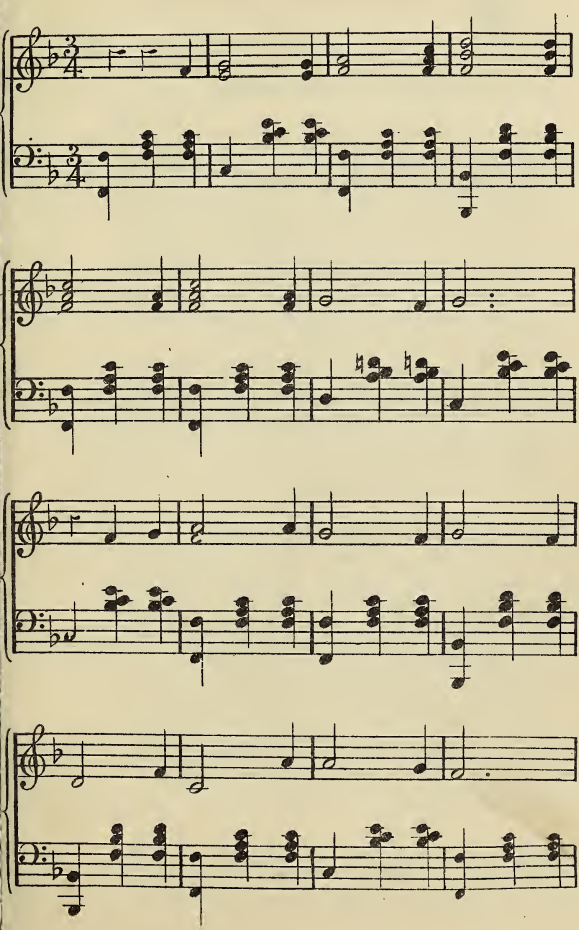
8th EXERCISE.

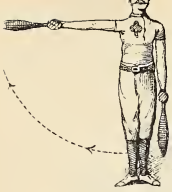
N.B.—The movements of this exercise are the same as exercise 7.

One { On the word "One," describe ¾ of a circle in front of body, till both arms are extended at each side of the body in line with the forehead (Fig. 19 and 20).

Two { On the word "Two," turn the back of the hands downwards—bend the arms, and, at the same time, make a forward circle with the clubs, extend the arms, complete the circle and bring them in by the sides (Fig. 21).

Repeat 8 times.





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23

9th EXERCISE (Two Movements).

One — On the word "One," raise the right arm as high as the shoulder (Fig. 22), then bend the arm and make a forward twist, after which extend the arm. At the same time the left arm must be describing three-quarters of a circle in front of body (Fig. 23). If these movements were done correctly, the position would be as in Fig. 24—the left arm in position for the shoulder twist, the right in position for the circle.

24

Two — On the word "Two," bend the left arm and make a shoulder twist. At the same time describe three-quarters of a circle with the right arm in front of the body, and end in position of Fig 24.

Repeat 16 times.

10th EXERCISE.

One — On the word "One," raise the right arm outwards and upwards from the side till straight above the head (Fig. 25).

Two — On the word "Two," bend the arm and let the club fall down behind the head. As the club is falling, make a forward circle with the club by the left, and extend the arm to the left side in front of body (see Fig. 26).

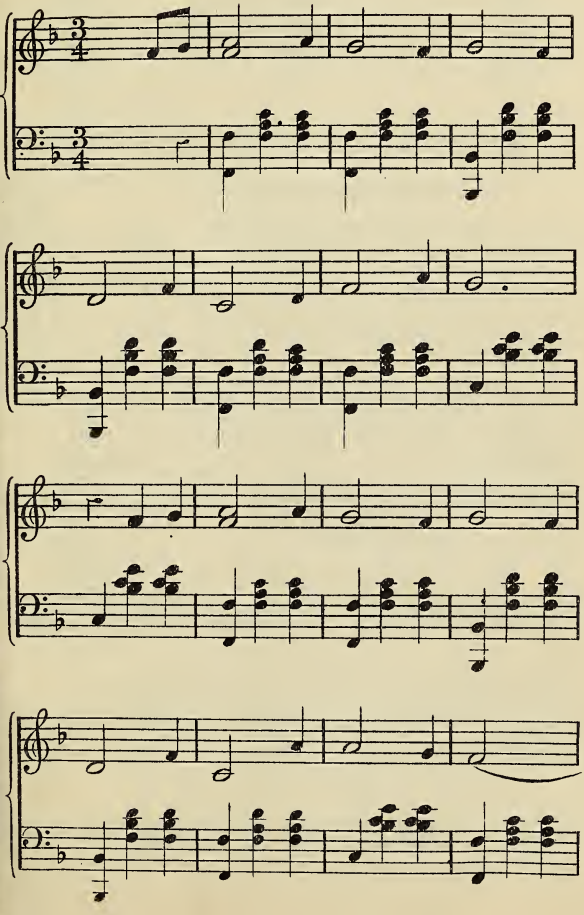
Three — On the word "Three" bring the club down in front of body, from position of Fig. 26 to that of Fig. 25.

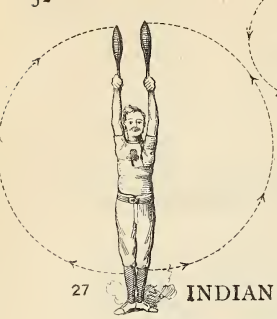
26

Repeat 8 times.

Repeat same movements with the left arm 8 times.

INDIAN CLUB EXERCISES.





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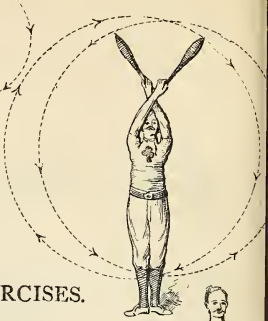


29

11th EXERCISE (3 Movements).

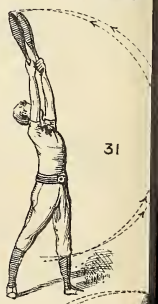
One { On the word "One," raise both arms straight above the head (Fig. 27).

Two { On the word "Two," bend the arms and let the clubs fall inwards crossing each other, then straighten the arms above the head (Fig. 28).

Three { On the word "Three," cross the arms in front of body describing a circle—arms to be kept straight till position of Fig. 27 is reached.

Repeat 8 or 16 times.

30



31

12th EXERCISE.

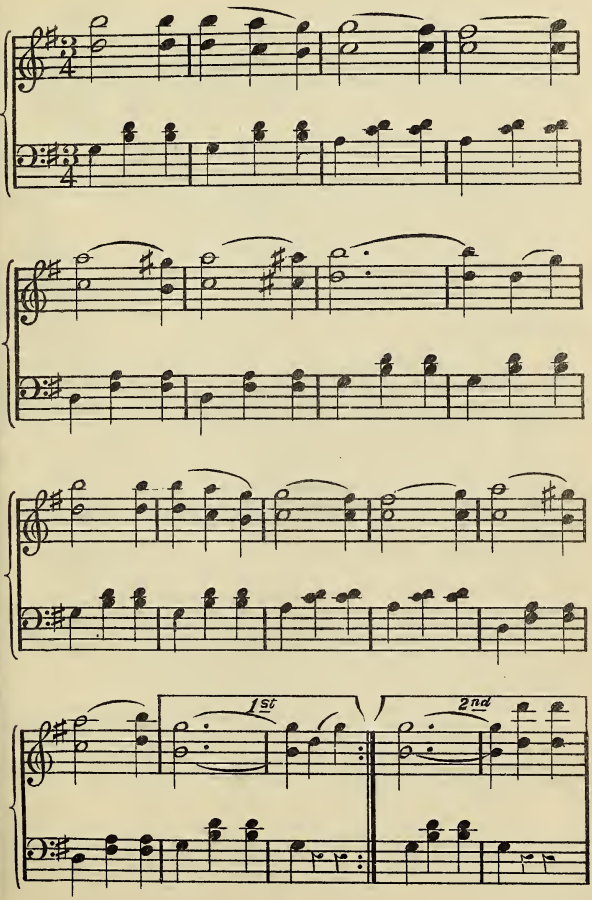
Position of Pupil "Astride."

Astride { On the word "Astride," carry the left foot 12 or 14 inches to the left (Fig. 30).

Ready { On the word "Ready," turn the body to the left, and raise the clubs above the head, at the same time rise on the right toe (Fig. 31).

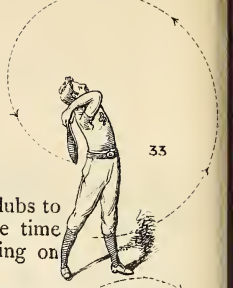
Swing { On the word "Swing," swing the clubs in front of the body from left to right—striking the clubs together when above the head—at the same time turn the body to the right and rise on the left toe (Fig. 32).

Repeat 16 times.


1st
2nd

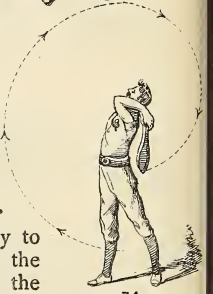
13th EXERCISE.

Swing — On the word "Swing," swing the clubs to the left side over the head at the same time turning the body to the left and rising on the right toe. (Fig. 33).


33

Two — On the word "Two," swing the clubs over the head in front of the body to the right side at the same time turning the body to the right and raising the left heel—arms to be bent while the clubs are over the head. (Fig. 34).

Repeat 16 times.


34

14th EXERCISE— —1st Part.

Ready — On the word "Ready," turn the body to the left, and rise on the right toe, at the same time raise the clubs as high as the shoulders and remain steady. (Fig. 35).

One — On the word "One," let the clubs swing downwards in front of body, at the same time turn the body to the right, and rise on the left heel till the clubs are in line with the shoulder. (Fig. 36).

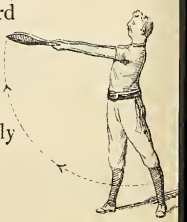
35

Two — On the word "Two," make a forward twist with the left hand, on the completion of which, swing the clubs downwards in front of body to left side as high as shoulder, turning the body as before, then forward twist with right hand. (Fig. 37).

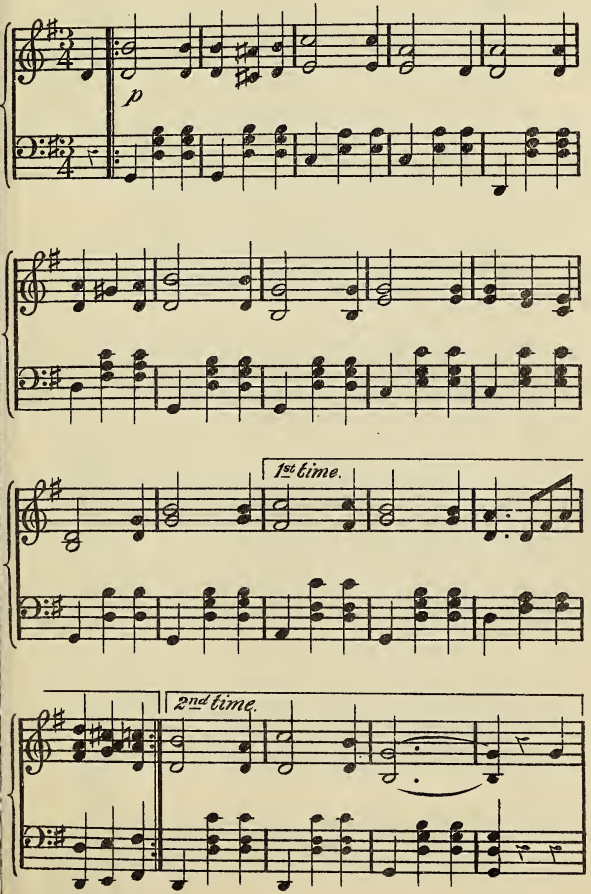
Repeat 16 times.

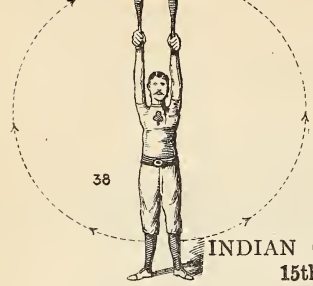
2nd Part.

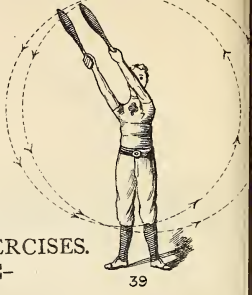
Exactly same movements as 1st Part, only make forward twist with both clubs.


36

INDIAN CLUB EXERCISES.







INDIAN CLUB EXERCISES.

15th EXERCISE–

Ready { On the word "Ready," raise both clubs above the head, arms rigid and perpendicular with the shoulder—head well back (Fig. 38).

Swing { On the word "Swing," swing the clubs outwards and downwards by the right side making a circle till the ready position is reached (Fig. 39).

Repeat 8 times showing a slight pause at the ready position between the swings.

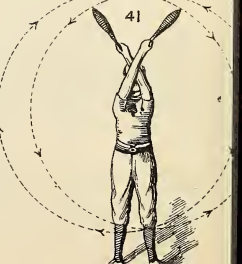
Reverse { On the word "Reverse," swing the clubs in the same manner from left to right.

Repeat 8 times.

Change { On the word "Change," from the ready position, circle in front of the body, right arm by the right, left arm by the left, both crossing each other in front of the body till the ready position is again reached. (Fig. 40).

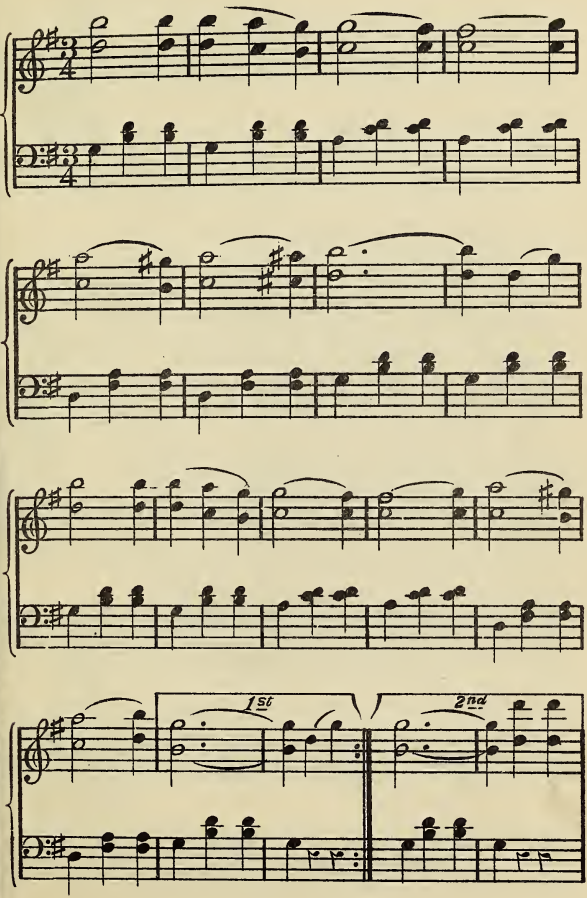
Repeat 8 times.

Reverse { On the word "Reverse," from the ready position at once cross the arms and make a circle in front of the body, the right arm circling by the left, the left by the right. (Fig. 41).



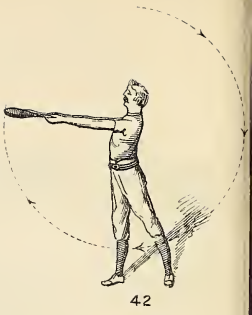
Repeat 8 times, shewing a slight pause at the ready position each time.

INDIAN CLUB EXERCISES.



INDIAN CLUB EXERCISES.

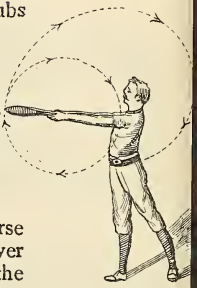
16th EXERCISE (3 Movements)



42

Ready — On the word "Ready," raise both clubs above head as before.

One — On the word "One," swing the clubs downwards by the left side (making ¾ of a circle) till the clubs are raised in line with the right shoulder, and at the same time turn the body to the right (Fig. 42).



43

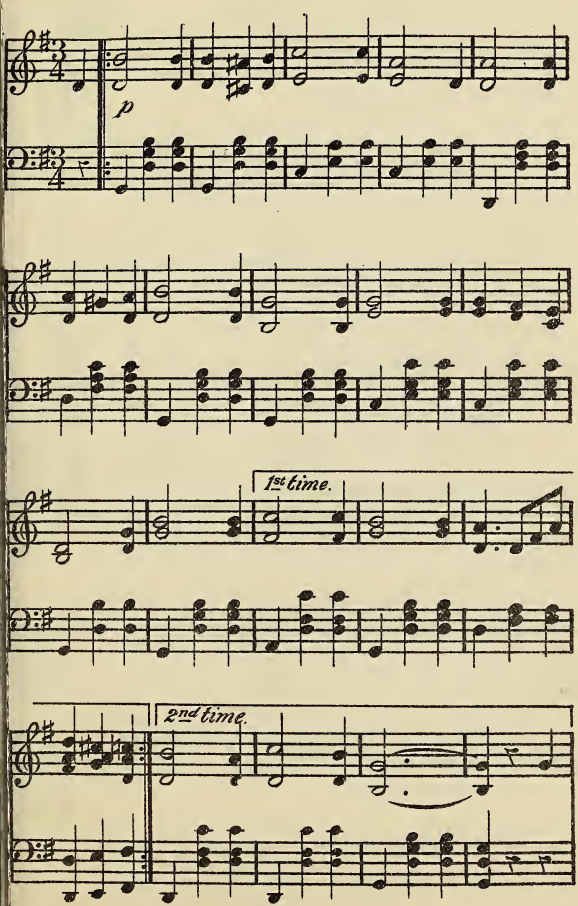
Two — On the word "Two," make a reverse twist with both clubs, then swing clubs over the head, bending the arms, and letting the clubs go well down back (Fig. 43).

Three — On the word "Three," raise the clubs from behind the back till above the head, make a forward twist, then swing the clubs downwards by the right side, reverse twist, and raise the clubs over head (Fig. 44).

44

Repeat 8 or 16 times.

INDIAN CLUB EXERCISES.



INDIAN CLUB EXERCISES.

17th EXERCISE (2 Movements)

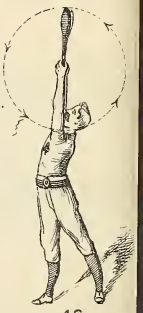
45

Ready { On the word "Ready," turn the body to the left and raise the clubs over the head (see Fig. 44).

One { On the word "One," swing the clubs downwards in front of body, at the same time turn the body to the right, and continue the swing till clubs are over the head.

Two { On the word "Two," turn the body to the left.

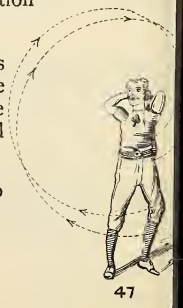
Repeat 8 times, and on the completion of the 8th swing, remain steady with the clubs over the head—body turned to the right (Fig. 42).



46

Change { On the word "Change," make a forward twist with both clubs, and remain in position of Fig. 46.

One { On the word "One," swing the clubs downwards in front of body, turning the body at the same time to the left, continue the swing till the clubs are over the head (Fig. 44).

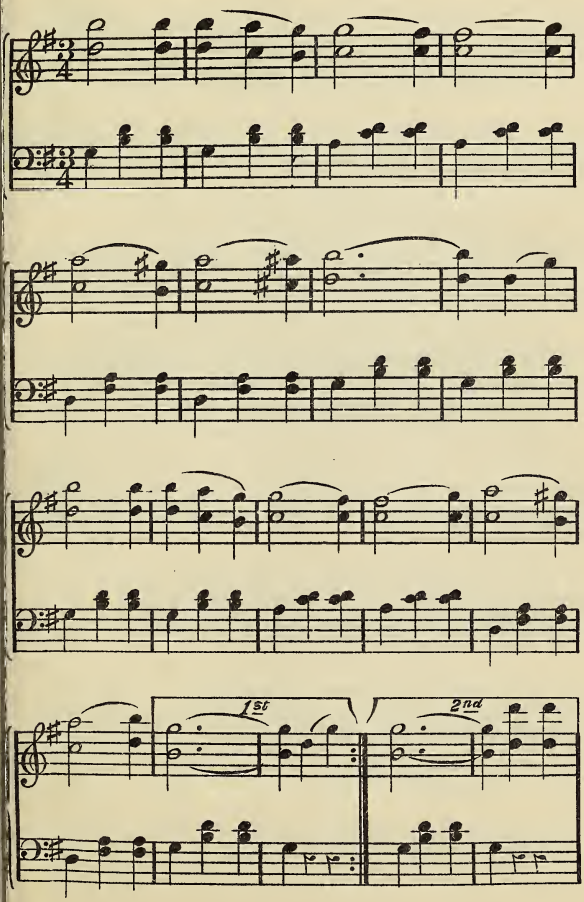


47

Two { On the word "Two," turn the body to the right. (Fig. 47).

Repeat 8 times.

INDIAN CLUB EXERCISES.



48

INDIAN CLUB EXERCISES.

18th EXERCISE—(4 Movements)-

Ready { On the word "Ready," turn the body to the right and raise the clubs above the head, (see Fig. 46).

One { On the word "One," bend the right arm and make a forward twist and straighten the arm, at the same time make a reverse circle with the left arm, which must be kept straight if the movement is done correctly, the pupil would finish in position of Fig. 46.

49

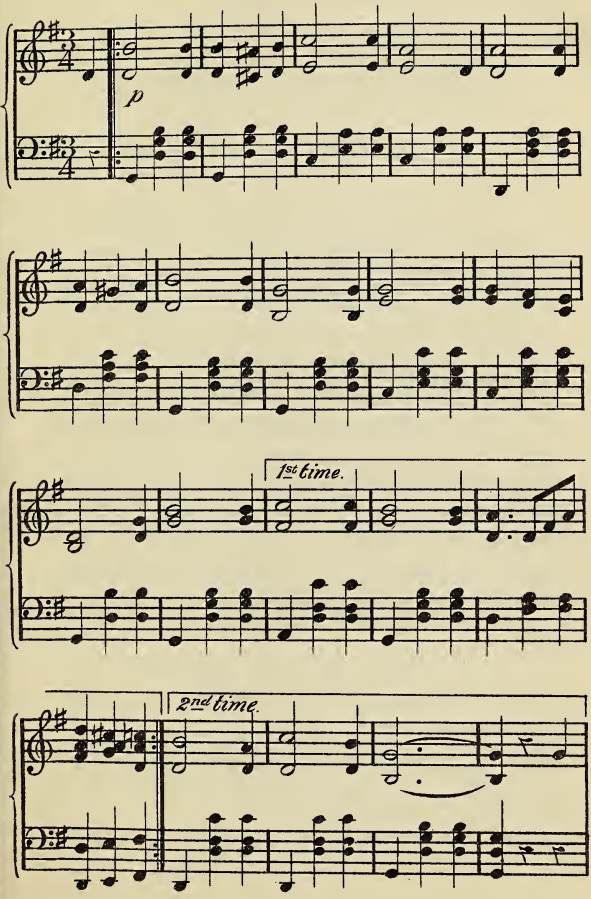
Two { On the word "Two," swing the clubs in front of body to the left side till above the head. (Fig. 49).

Three { On the word "Three," bend the left arm and make a forward twist, and at the same make a reverse circle with right arm, which should be kept straight. (Fig. 50).

Four { On the word "Four," swing the clubs in front of body to the right side till above the head, (see Fig. 46).

Repeat 8 times.

50


p
1st time.
2nd time.

III

FREE GYMNASTIC EXERCISES.

The movements in the free exercises are performed without any apparatus, and may be executed by many pupils together. An orderly and exact execution of the exercises by many pupils at once is made possible by this being done, as in military exercises, at word of command. The following exercises have been arranged and adapted either for boys or girls so that all parts of the body should be equally exercised. The addition of music has been found not only to make the exercises more amusing and entertaining, but to have the effect of cultivating the ear by the recognition of time and tune. Before beginning each exercise a chord should be sounded on the piano, in order to secure the attention of the pupils.

The Pupils will fall in in two ranks at close order, and at "Stand at Ease," and be numbered from right to left.

Squad—Attention { On the word "Attention," the pupils will spring up to the position of Attention.

Opening Ranks—by Numbers.

CAUTION.—*Opening Ranks by Numbers.*

Open Out—March: On the word "March," the front rank will take three paces to the front, stepping off with the left feet—the first pace to be a short one, and with a distinct beat—and as they complete the third pace, bring the right heel up to the left, placing the right foot on the ground with a beat.

Two: On the word "Two," the whole will turn to the right.

Three: On the word "Three," the whole of the even numbers will take a pace to the right with the right foot, and bring up the left foot with a beat; the odd numbers at the same time will take a pace to the left with the left foot, and bring up the right foot with a beat.

Re-forming Ranks—by Numbers.

CAUTION.—*Re-form Ranks by Numbers.*

Re-form—Ranks: On the word "Ranks," the whole of the even numbers will take a pace to the left with the left foot and bring up the right foot with a beat; the odd numbers will at the same time take a pace to the right with the right foot and bring up the left with a beat.

Two: On the word "Two," the whole will turn to the left.

Three: On the word "Three," the rear rank will take three paces to the front stepping off with the left feet—the first pace to be a short one and with a distinct beat—and as they complete the third pace bring the right heel up to the left, placing the right foot on the ground with a beat.

FREE GYMNASTIC EXERCISES.

1st EXERCISE.

One — On the word "One," extend the arms straight out sideways in line with the shoulder—hands open (Fig 1).

Two — On the word "Two," bend the arms—keeping the elbows level with the shoulder, and place the tips of the fingures on the shoulder.

Repeat 8 times.

Repeat the above movements alternately with right and left arm.

1.

2nd EXERCISE.

Ready — On the word "Ready," raise both arms above the head (Fig. 2).

Swing — On the word "Swing," swing the arms from front to rear three times, on the fourth time strike the hands together in front of body, arms to be kept straight—repeat 8 times.

Swing — On the word "Swing," same as above, but strike the hands behind the body—repeat 4 times.

Show a slight pause after each swing, and on the 7th swing bring hands by the side, and give a beat with the right foot.

2.

3rd EXERCISE.

Arms Bend — On the word "Bend," raise the arms in front of body in line with the shoulder, (Fig. 3), then force the elbows well past the body, (Fig. 4).

Out — On the word "Out," extend the arms outward from the side of the body, (Fig. 3).

In — On the word "In," draw the arms in to the side (Fig. 4).

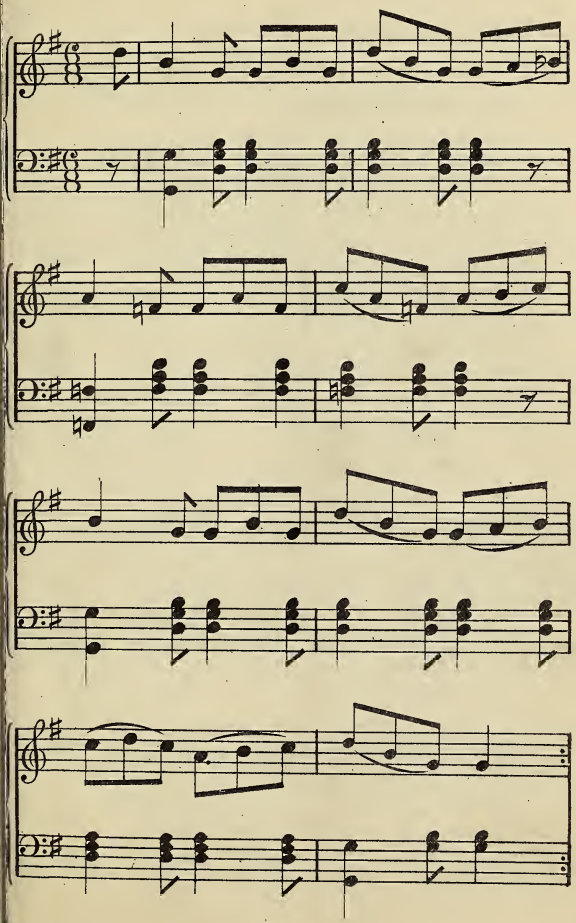
Up — On the word "Up," extend the arms above the head, hands open, palms to the front, fingers together (Fig. 2).

Down — On the word "Down," bring the hands into the shoulders.

Steady — On the word "Steady," resume position of attention.

3.

4.



FREE GYMNASTIC EXERCISES.

4th EXERCISE.

One { On the word "One," raise the right hand upwards to the shoulder, elbow close to the side, palm of the hand turned inward (Fig. 5).

Two { On the word "Two," drop the right hand by the side, and raise the left hand to the shoulder,—as the right hand is rising the left hand must be falling.

Repeat 8 times.

Change { On the word "Change," repeat the above movements, — this time the arm to be straight above the head (Fig. 6).

Repeat 8 times.

5th EXERCISE.

Ready { On the word "Ready," place the hands on the waist, fingers in front, thumbs behind waist (Fig. 7).

Bend { On the word "Bend," bend the head slowly backwards and show a pause (Fig. 8.)

Two { On the word "Two," bend the head slowly forward (Fig. 9).

Repeat 8 times.

Change { On the word "Change," turn the head to the right, then to the front 8 times, showing a pause each time (Fig. 10).

Change { On the word "Change," bend the head backwards and forwards 8 times without any pause between the movements, and then from right to left without a pause.

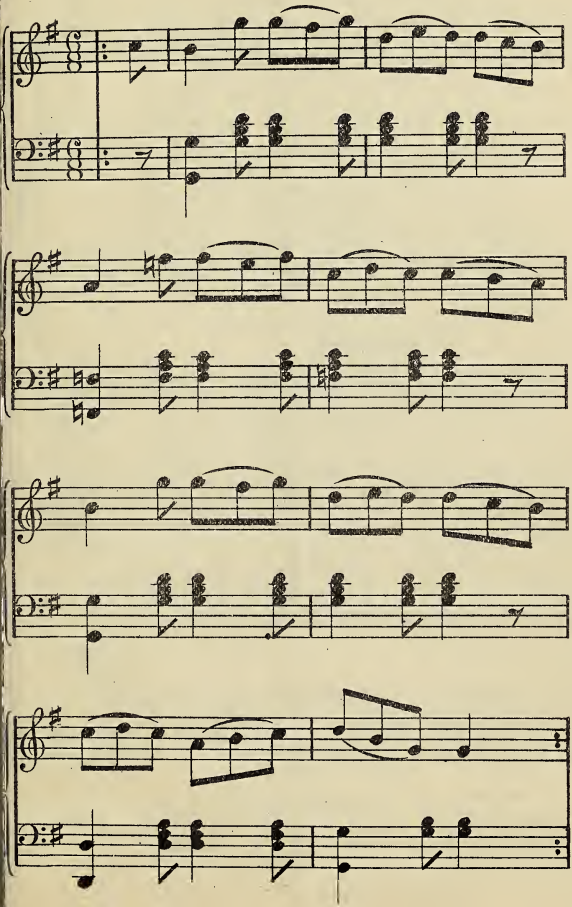
5.

6.

7.

8.

9.



FREE GYMNASTIC EXERCISES.

6th EXERCISE.

Ready — On the word "Ready," place the hands on the waist as before.

On the toes—raise — On the word "Raise," rise on the toes, keeping the heels together, the head well back, and the body erect (Fig. 11).

Sink — On the word "Sink," place the heels on the ground.

Repeat 8 times.

Change — On the word "Change," rise on the toes and at the same time extend the arms straight above the head, hands open (Fig. 12).

Two — On the word "Two," place the heels on the ground, and the fingers on the shoulders.

11.

12.

7th EXERCISE.

Ready — On the word "Ready," carry the left foot 12 or 14 inches to the left, and place the hands on the waist as before (Fig. 13).

Back—Bend — On the word "Bend," keeping the knees quite stiff, bend the body backwards as far as possible (Fig. 14).

Up—Straight — On the word "Straight," bring the body slowly upright.

Front—Bend — On the word "Bend," throw the chest well out, head well back, the knees quite stiff, and slowly bend forward (Fig. 15).

Up—Straight — As before.

Right—Bend — On the word "Bend," bend the body to the right (Fig. 16).

Up—Straight — As before.

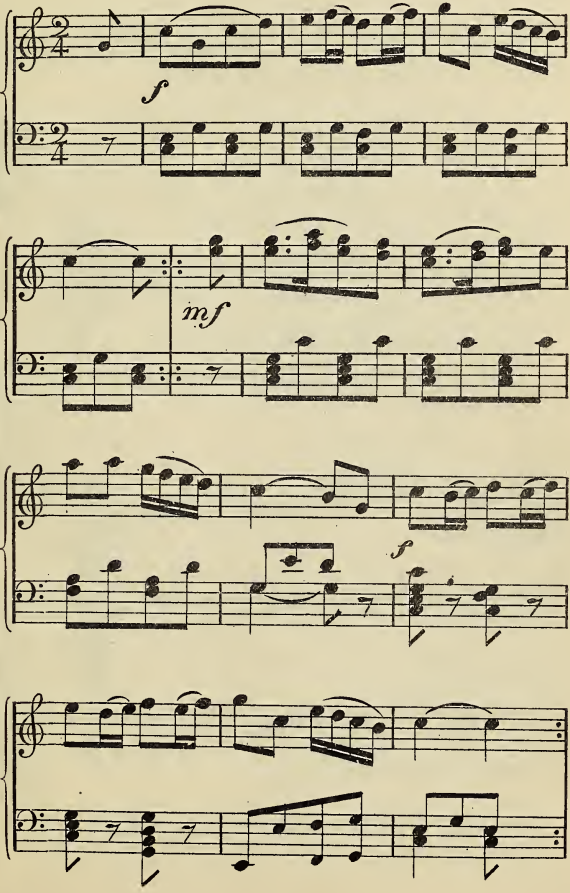
Left—Bend — On the word "Bend," bend the body to the left.

Up—Straight — As before.

13.

15.

Repeat 16 times.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FREE GYMNASTIC EXERCISES.

8th EXERCISE.

Ready { On the word "Ready," place the hands on the waist as before, at the same time rising on the toes.

Bend { On the word "Bend," keeping the body erect, sink down on the heels by forcing the knees outwards till almost sitting on the heels —body to be kept perfectly upright (Fig. 17).

Stretch { On the word "Stretch," slowly straighten the knees again.

Repeat 16 times.

17.

18.

19.

9th EXERCISE.

One { On the word "One," draw the right knee up (Fig. 18).

Two { On the word "Two," stretch the right foot out in front—leg straight and toe pointed (Fig. 19).

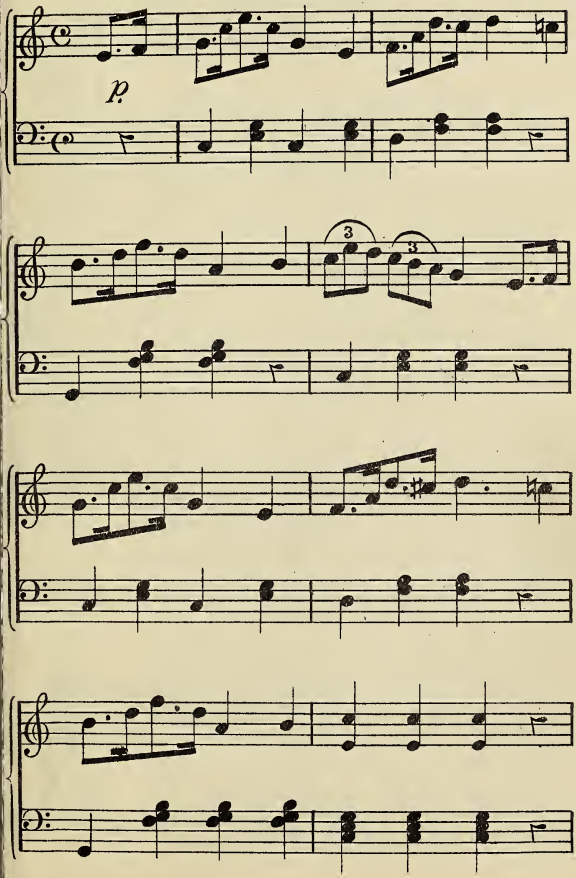
Three { On the word "Three," place the foot on the ground (Fig. 20).

Four { On the word "Four," draw back the right foot to the left (Fig. 21).

Repeat 4 times with each leg.

20.

21.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FREE GYMNASTIC EXERCISES.

10th EXERCISE.

Hands above head, right feet— forward — On the word "Forward," extend the arms above the head, palms of the hands to the front, at the same time carry the right foot 12 or 14 inches to the right front (Fig. 22).

22.

On the toes— raise — On the word "Raise," rise on the toes 4 times, keeping the arms above the head.

Right —Bend — On the word "Bend," bend the body to the right, keeping the legs perfectly straight, shoulders to be kept square to the front (Fig. 23).

23.

Up— Straight — Resume first position.

Left— Bend — On the word "Bend," act as on "right bend," but to the left.

Up Straight — As before.

Front— Bend — On the word "Bend," bend the body forward twice till the fingers almost touch the toes (Fig. 24).

24

At the end of the music bring the heels together and the hands by the sides.

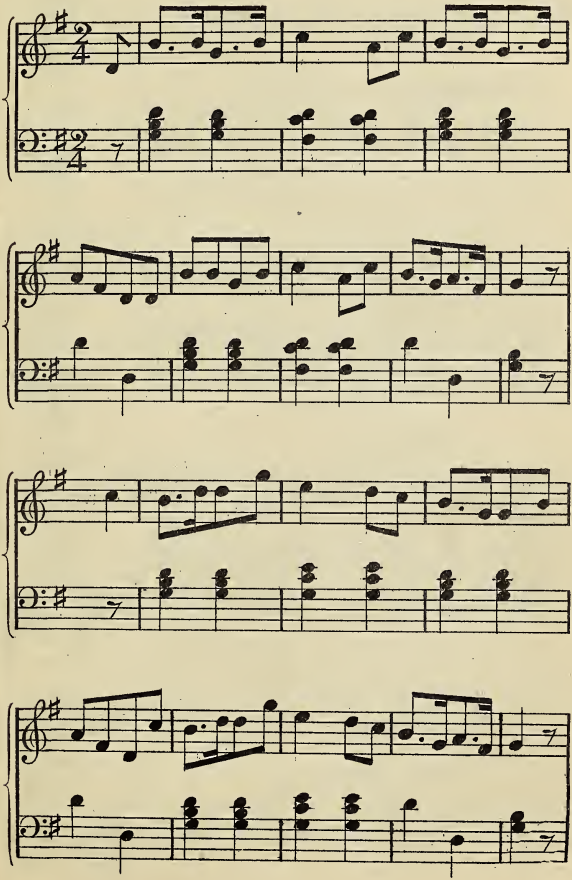
Repeat the above practice with the left foot forward.

11th EXERCISE.

One — On the word "One," carry the right foot 12 or 14 inches to the right front, and at the same time extend the right arm in front of body, the left hand to touch right shoulder (Fig. 25).

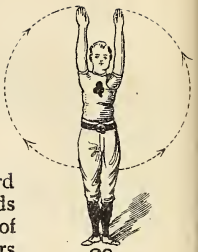
25.

Two — On the word "Two," bring back the right foot to the left, and at the same time carry the left foot to the left front, extend the left arm and bring the right hand to shoulder.



FREE GYMNASTIC EXERCISES.

12th EXERCISE—1st Movement.

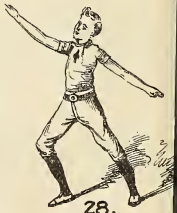

26.

Ready On the word "Ready," or on a chord being sounded on the piano, raise the hands to the full extent above the head, palm of the hands to the front, thumb and fingers together (Fig. 26).

27.

Swing On the word "Swing," or on hearing the first note of the music, swing the arms round from front to rear 8 times, each time striking the palms of the hands together above the head, and on the completion of the 8th swing place the tips of the fingers on the shoulders (Fig. 27).

2nd Movement.


28.

One On the word "One," take a full step to the right front till the left leg is perfectly straight, throwing the right hand, palm upwards, to the full extent, in line with the forehead, at same time drop the left hand till it is in line with the waist—palm upwards (Fig. 28).

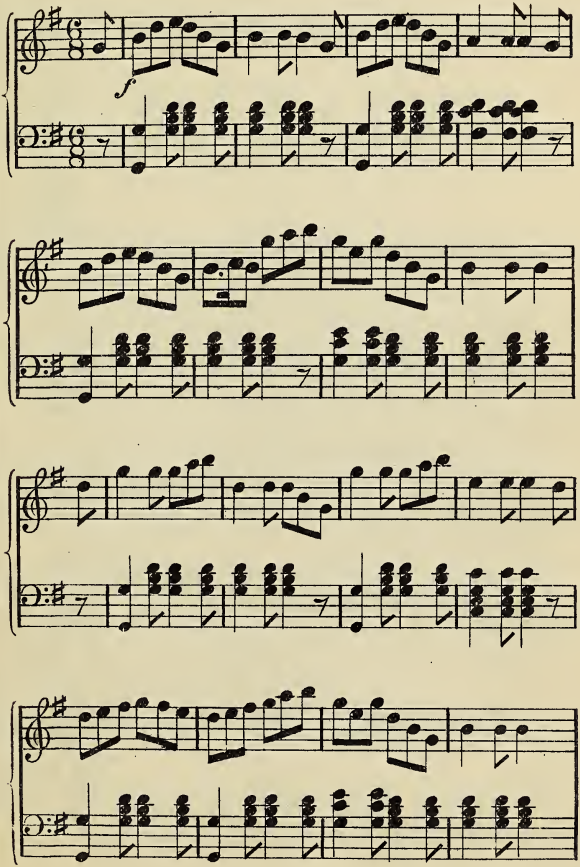
Two On the word "Two," draw back the right foot to the left, and place the fingers on the shoulders (Fig. 27).

Repeat 8 times.

29.

3rd Movement.

Repeat the 2nd movement to the left 8 times (Fig. 29).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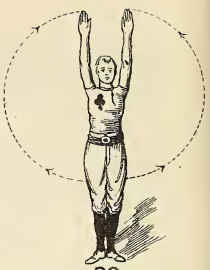

30.

12th EXERCISE (Continued)—4th Movement

One — On the word "One," force the arms straight above the head 6 times, rising on the toes each time, and on the 6th time remain on the toes (Fig. 30).

31.

Two — On the word "Two," bend the knees by forcing them apart until almost sitting on the heels—keeping the body upright (Fig. 31).

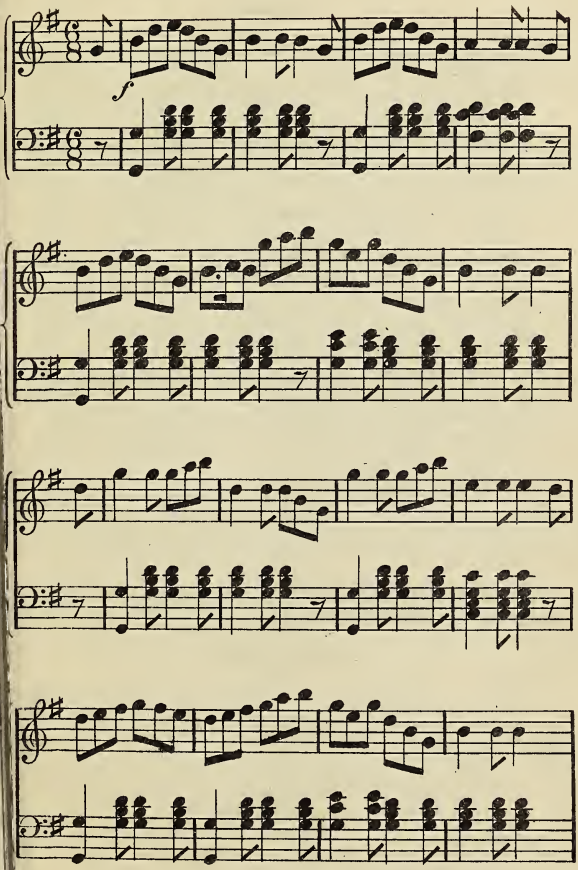
Three — On the word "Three," spring sharply up and drop with the feet 18 or 20 inches apart, knees straight, and the arms straight above the head (Fig. 32).

32.

Four — On the word "Four," swing the arms well between the legs, bending the knees and rounding the back to do so, and then straight above the head, bringing the heels together and hands by the side (Fig. 33).

N.B.—There should be no pause between these movements.

33.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DUMB BELL EXERCISES.

EXERCISE with Dumb Bells is real and effective. It admits of being exactly proportioned to the individual strength of each learner. It can be adjusted to the advancing capacity of the learner, the weight of the bell being increased with the strength of the pupil. The exercises give fair employment to all parts of the body, and to both sides equally. They are capable of being executed not only by an entire squad at one time, and by the same word of command, but also by many squads, or by the entire number of pupils who may at one time be present. The positions and movements are of the first rank, and are directly and powerfully conducive to erectness of carriage and freedom of limb.

The position of the teacher should be opposite the centre facing the pupils. Better time will be kept and the spirit of the practice will be better sustained by the teacher executing each movement while giving the word of command.

Dumb Bells may be made either of wood or iron. For children, we recommend wooden bells. The weight for boys, 1½ lbs.; youths, 2½ lbs.; and adults, 4 lbs.

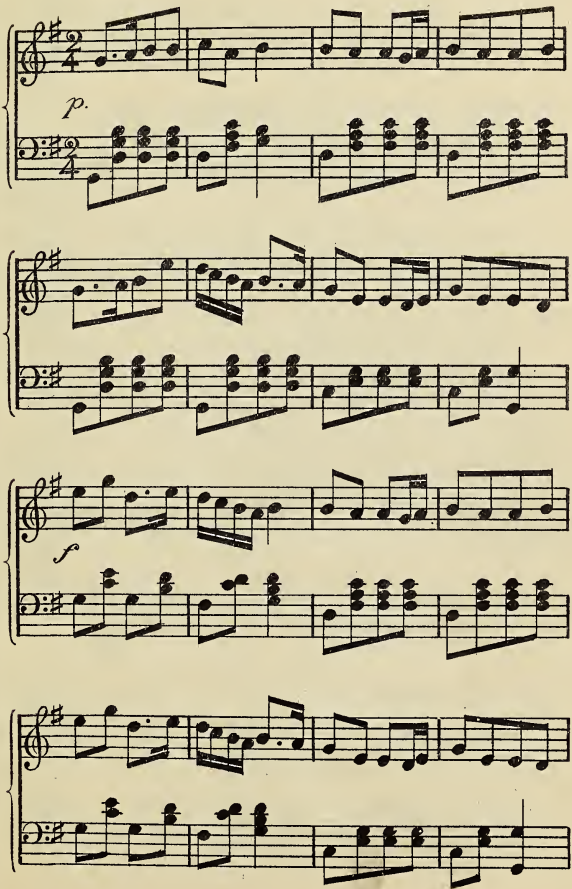
The Pupils will fall in in two ranks at close order, and be numbered from right to left.

Opening Ranks.

Open out—March { On the word "March," the front rank will take three paces to the front, stepping off with the left feet with a beat.

Two { On the word "Two," the odd numbers will take one pace to the front, the even numbers one pace to the rear.

Half-right-turn { As before.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1

DUMB BELL EXERCISES.

1st EXERCISE—Position of Pupil Attention.

One { On the word "One," bend the arms from the elbows, and raise the bells till below the arm pit (Fig. 1), then downwards.

Two { On the word "Two," bend the arms from the elbows and place the bells to the shoulders (Fig. 2).

These movements to be repeated 16 times.

2

2nd EXERCISE.

One { On the word "One," raise both arms in front of body till in line with the shoulder, then bend the arms from the elbows and place the bells on the shoulders (Fig. 2).

Two { On the word "Two," extend the arms in front of the body and down by the sides (Fig. 3).

Repeat 16 times.

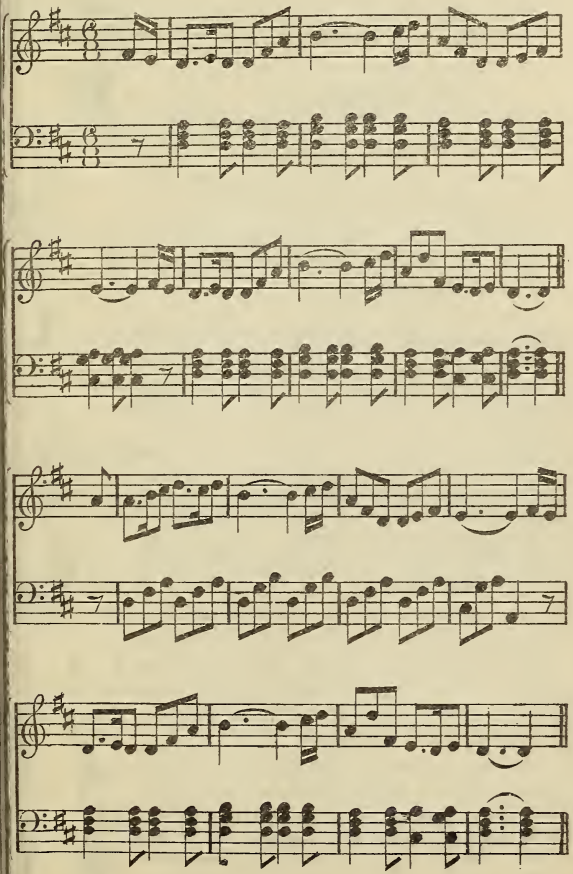
3

3rd EXERCISE.

One { On the word "One," repeat as in "One" of previous exercise.

Two { On the word "Two," extend the arms outwards and downwards by the sides of the body (Fig. 4) and continue the motion by carrying the arms upwards in front of the body till position of Fig. 2 is reached.

4



DUMB BELL EXERCISES.

4th EXERCISE.

Ready — On the word "Ready," give a beat with the right foot and remain steady.

One — On the word "One," turn the bells outwards, finger nails to the front (Fig. 5).

Two — On the word "Two," turn the bells inwards, back of hands to the front (Fig. 6).

Repeat 16 times.

Change — On the word "Change," raise the arms from the elbows in front of body (Fig. 7), and strike the bells together—turn the bells outwards and inwards 16 times as before, and strike the bells together on the sixteenth time.

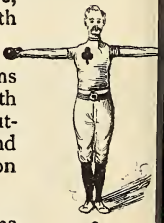
Change — On the word "Change," extend the arms outwards from the sides of body in line with the shoulder (Fig. 8), turn the bells outwards and inwards as before 16 times—and strike the bells together above the head on the sixteenth time.

Change — On the word "Change," extend the arms straight above the head—heads to be forced well back—repeat above movement 16 times, and, on the sixteenth time, strike the bells together above the head (Fig. 9).

Change — On the word "Change," extend the arms outwards in front of the body till level with the shoulders, and repeat above movement 16 times—and, on the sixteenth time, strike the bells in front of the body, and give a beat with the right foot, at the same time bringing the bells down by the side (Fig. 10).

5

7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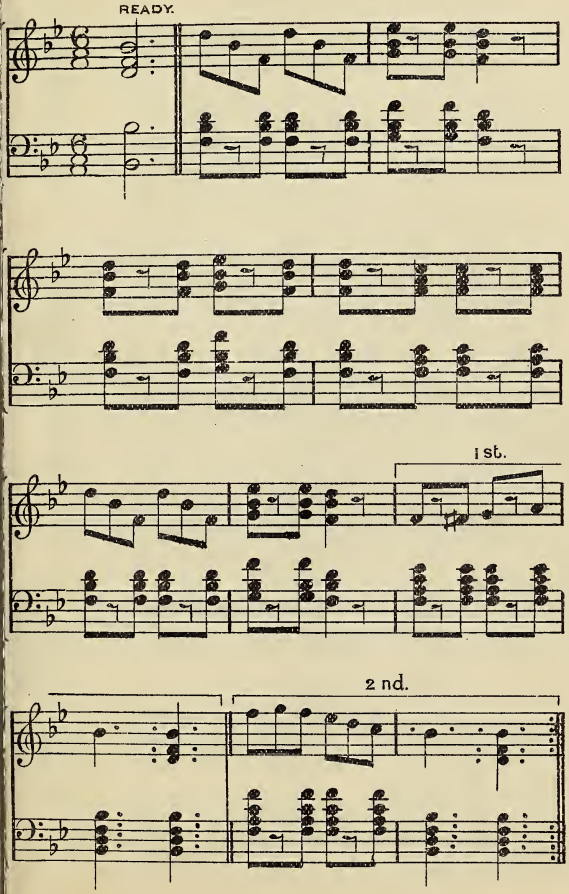
9 10

READY.
1 st.
2 nd.

DUMB BELL EXERCISES.

11

5th EXERCISE—1st Part.

One { On the word "One," raise the right arm in front of the body, in line with the shoulder, (Fig. 11), then bend the arm and bring the bell to the shoulder (Fig. 12).

Two { On the word "Two," extend the arm in front of the body (Fig. 11).

Three { On the word "Three," keeping the arm straight, turn the head and body to the right, till you look over the right shoulder—care must be taken not to move the feet (Fig. 13).

12

Four { On the word "Four," keeping the arm straight, turn the arm and body round till position of Fig. 11 is reached, then bend the arm and bring the bell to the shoulder (Fig. 12).

Repeat 7 times, and to finish the exercise extend the arm in front of the body twice, before bringing the bell by the side.

2nd Part—Repeat above movements with the left arm.

3rd Part—Repeat above movements with both arms.

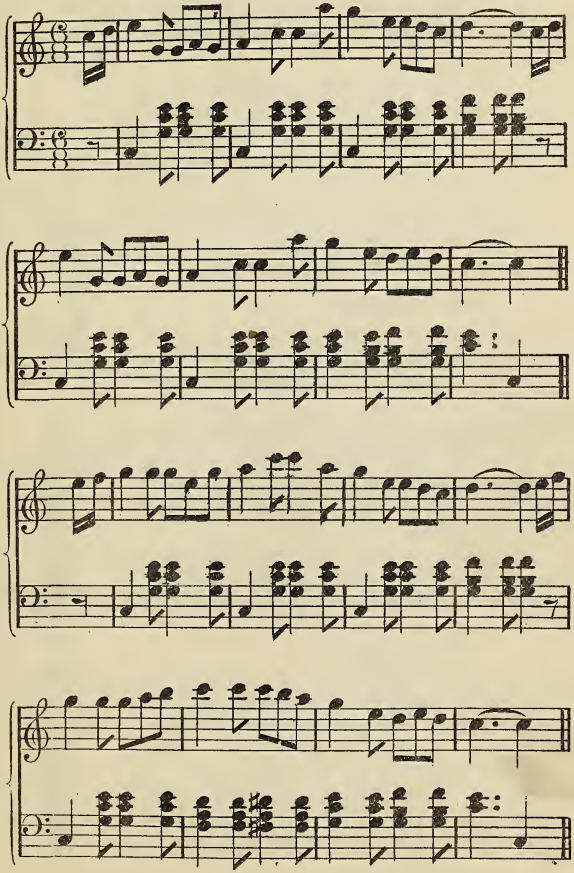
13

6th EXERCISE.

One { On the word "One," raise the arms in front of body as high as the shoulder, back of the hands towards each other, and strike the bells together.

Two { On the word "Two," swing the arms downwards and behind the back, and strike the bells together.

Repeat 16 times.



DUMB BELL EXERCISES.

7th EXERCISE.

One — On the word "One," raise the right arm in front of the body as high as the shoulder (Fig. 14).

Two — On the word "Two," keeping the arm straight describe a circle from front to rear (Fig. 15).

Three — On the word "Three," draw the arm in towards the body, and stretch it out again.

Repeat 8 times, on the 8 time bring the arm by the side.

Repeat same movements with the left arm.

14

15

8th EXERCISE.

One — On the word "One," strike the bells in front of the body, and raise the arms outwards till in line with the shoulders (Fig. 16.

Two — On the word "Two," draw the bells in to the shoulders, and extend the arm out again.

Three — On the word "Three," swing the arms downwards, strike the bells behind the body, and then raise the arms outwards till in line with the shoulders (Fig. 17).

Four — On the word "Four," bring the bells in to the shoulders, and then drop the hands by the side.

Repeat 16 times.

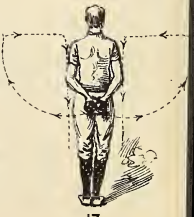
16

9th EXERCISE.

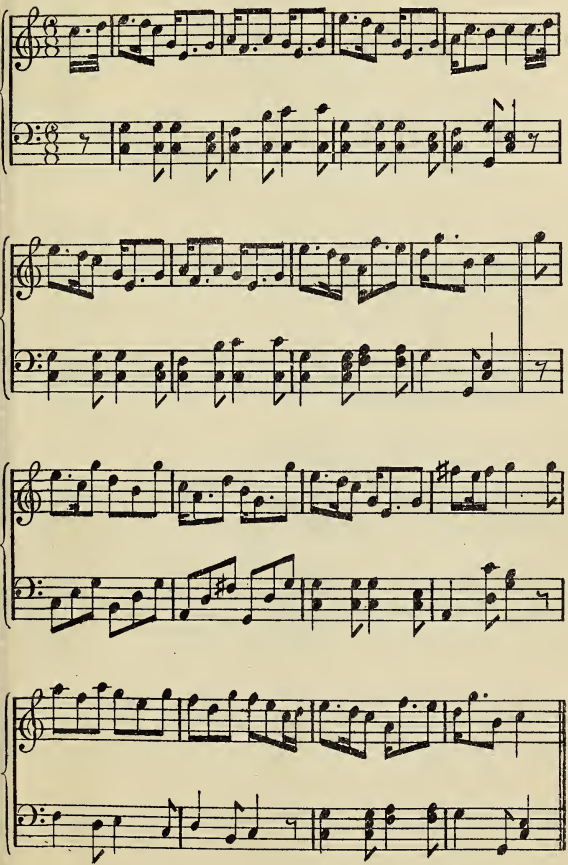
One — On the word "One," raise both arms in front of body as high as the shoulder—draw the arms well past the body, bells to the chest, and extend them out again.

Two — On the word "Two," shoot the arms outwards from the sides of the body in line with the shoulder, and draw them in again.

Repeat 16 times.



17



DUMB BELL EXERCISES.

10th EXERCISE.

Ready { On the word "Ready," give a beat with the right foot and remain steady.

One { On the word "One," raise the right arm outwards in front of the body and upwards above the head (Fig. 18).

18

Two { On the word "Two," raise the left arm in same manner, keeping the right arm steady above the head.

19

Three { On the word "Three," bend the right arm and bring bell on shoulder (Fig. 19).

Four { On the word "Four," bend the left arm and bring bell on shoulder.

20

Five { On the word "Five," strike the bells together in front of chest (Fig. 20).

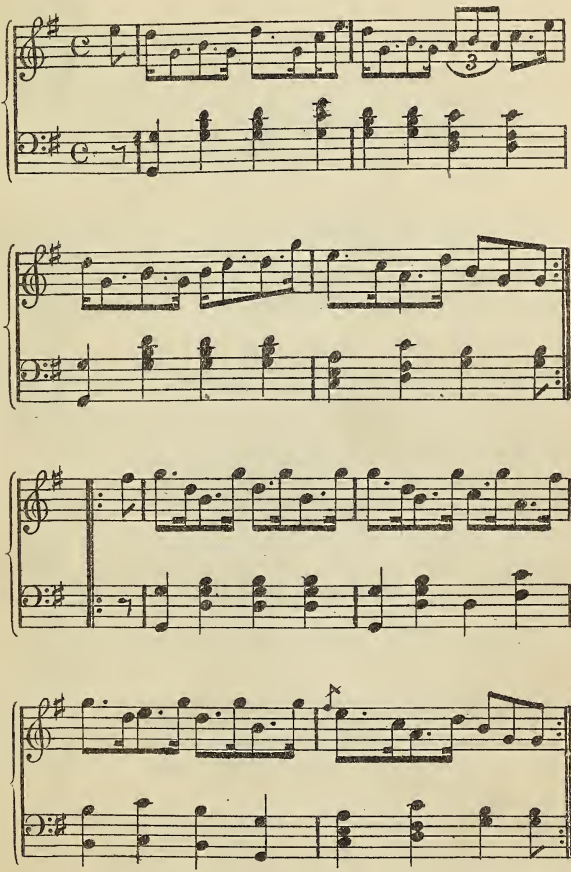
Six { On the word "Six," extend the right arm in front of body in line with the shoulder.

Seven { On the word "Seven," extend the left arm in front of body in line with the shoulder (Fig. 21).

21

Eight { On the word "Eight," bring both bells by the side.

Repeat 5 times.


3

22

DUMB BELL EXERCISES.

11th EXERCISE.

23

Ready { On the word "Ready," give a beat with the right foot and remain steady.

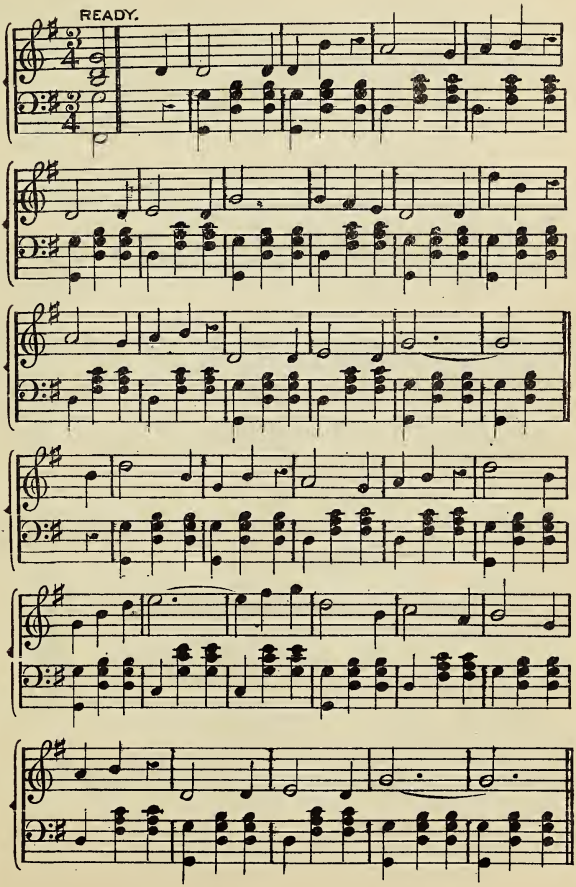
One { On the word "One," bend the body downwards from the waist—keeping the knees straight (Fig. 22).

Two { On the word "Two," raise the body and bring the bells into the shoulder—while in this position, throw the head well back and press the chest well to the front (Fig. 23).

Three { On the word "Three," extend both arms straight above the head, still keeping the head well back and chest forward (Fig. 24).

24

Four { On the word "Four," bend arms to position of Fig. 23.

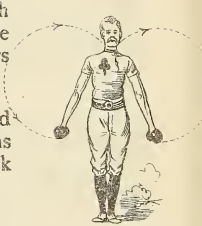
Repeat 8 times, and, on the eighth time, bring the bells from position 24 outwards and downwards to the position of attention, giving at the same time a beat with the right foot.

READY.

25

DUMB BELL EXERCISES.

12th EXERCISE.

Ready — On the word "Ready," give a beat with the right foot and remain steady—at the same time placing the bells on the shoulders (Fig. 25).



26

One — On the word "One," keeping the head well back and chest out, extend the arms outwards from the shoulders (Fig. 26), back of the hands downwards.

Two — On the word "Two," bring the bells to the shoulders.

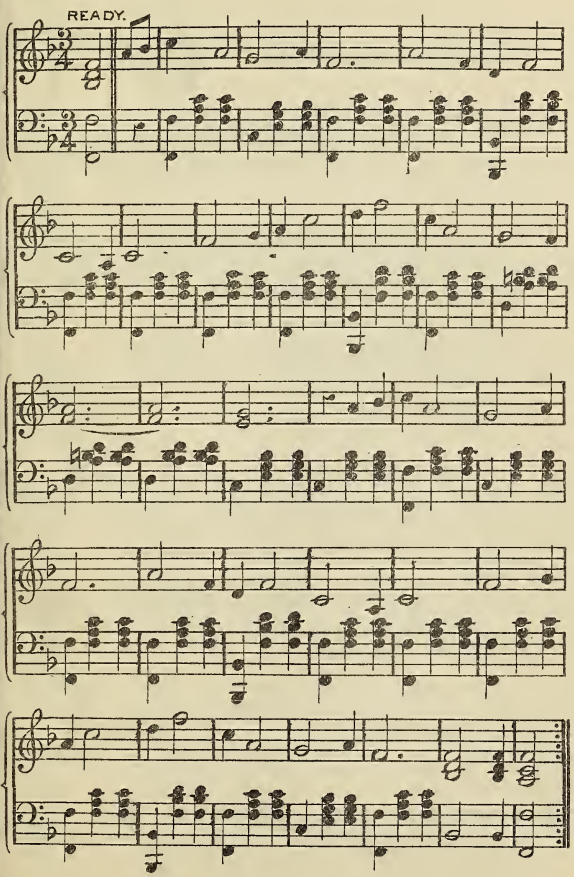
Repeat 8 times.

27

13th EXERCISE.

One — On the word "One," from position of Fig. 25, raise the elbows in front of body so that the end of the bells will be behind the shoulders (Fig. 27).

Two — On the word "Two," draw the elbows well past the chest and bring the bells in front of chest (Fig. 28).


READY.

DUMB BELL EXERCISES.

28

29

14th EXERCISE.

One — On the word "One," from position of Fig. 28 take a full pace to the right front, and extend the right arm in line with the shoulder (Fig. 29).

Two — On the word "Two," draw back the right arm, till the elbow is well past the chest, and at the same time extend the left arm.

30

Repeat 8 times, and on the 8th time draw back the right foot to the left, resuming the position as in fig. 28.

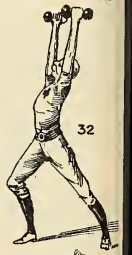
Repeat same movements, with left foot forward, 8 times.

31

15th EXERCISE.

One — On the word "One," from position of Fig. 28 take a full pace to the right front, and extend both arms in line with the shoulder (Fig. 30).

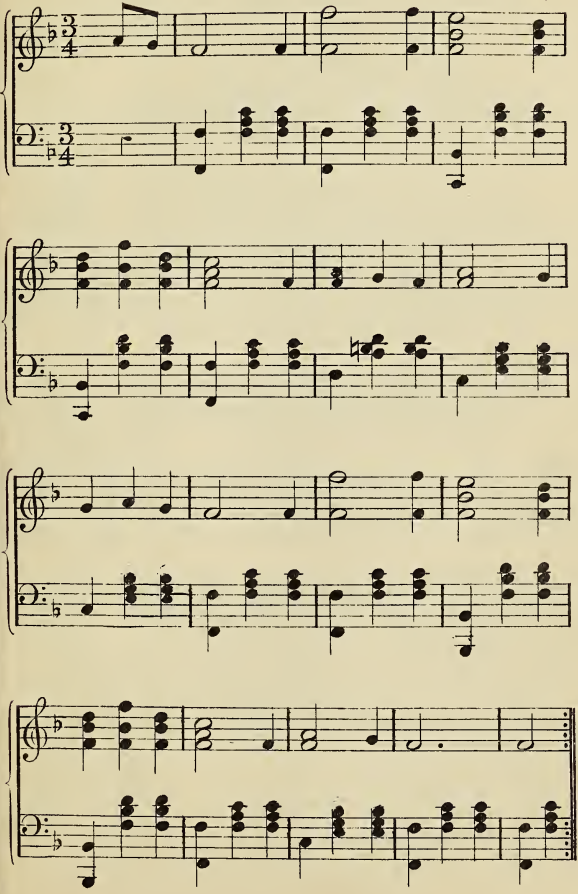
Two — On the word "Two," bend the arms and draw the elbows well past the body, bells in front of chest (Fig. 31).


32

Three — On the word "Three," force the arms above the head (Fig. 32) and bring them in again to the shoulders.

Four — On the word "Four," extend the arms outwards from sides of the body (Fig. 33), and bring them in again to the shoulders.

Repeat till end of music, and as the music ends, draw back the right foot to the left, show a slight pause, and repeat same movement with left foot forward.



DUMB BELL EXERCISES.

16th EXERCISE.

One { On the word "One," from position of Fig. 28 take a full pace to the right front, and after a distinct pause, extend both arms in front of body, (Fig. 30).

Two { On the word "Two," force the arms outwards to the right and left sides of the body in line with the shoulders (Fig. 34).

Three { On the word "Three," bring the bells by the side (Fig. 35).

Four { On the word "Four," return to position of (Fig. 31).

Repeat till end of music; at end of music, draw back the right foot to the left, and repeat with left foot forward.

34

35

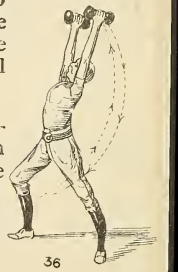
*17th EXERCISE.

Ready { On the word "Ready," give a beat with the right foot and remain steady.

One { On the word "One," take a full pace to the right front, at the same time raise the arms upwards till above the head, and strike the bells together, heads to be kept well back (Fig. 36).

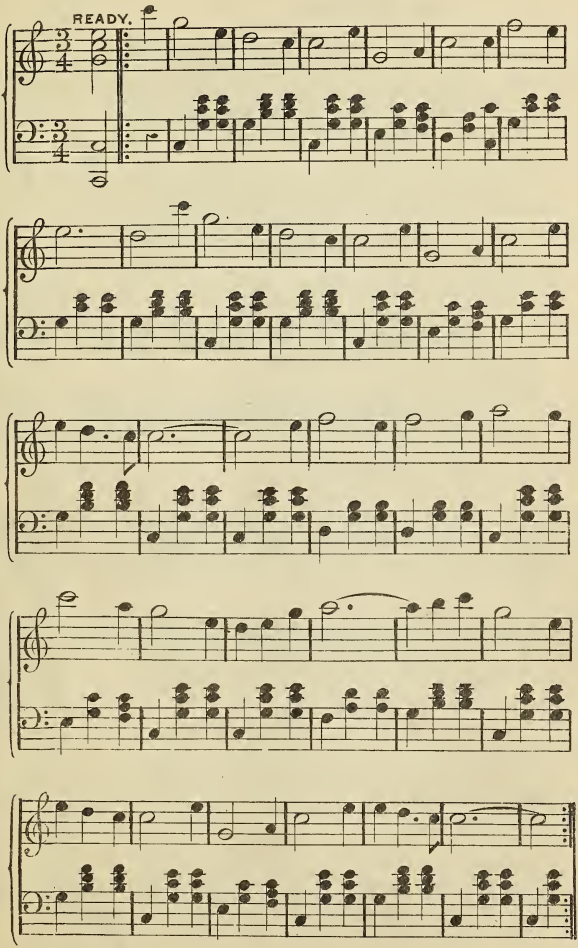
Two { On the word "Two," throw the arms outwards and downwards in a circular motion by the sides, at the same time draw back the right foot to the left.

Repeat 16 times with alternate feet.



36

*For Music to this Exercise see page 73.


READY.

DUMB BELL EXERCISES.

18th EXERCISE.

37

One — On the word "One," take a full pace to the right front with the right foot, at the same time raise the right arm in front of the body, (bell to be in line with the forehead), and carry the left arm behind the body, (Fig. 37).

Two — On the word "Two," swing the right arm downwards past the body, at the same time swing the left arm to the front of the body as high as the forehead, and raise the left heel from the ground (Fig. 38).

38

Repeat 8 times—on the 8th time draw back the right foot to the left and bring the bells by the side.

Repeat same movements with the left foot forward, raising the right heel from the ground.

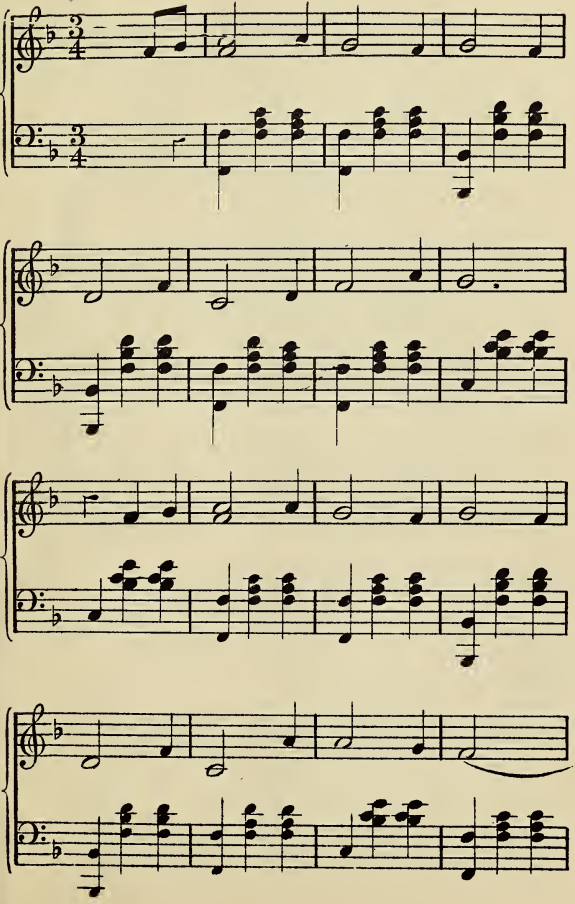
19th EXERCISE.

39

Ready — On the word "Ready," carry the right foot 12 to 14 inches to the right, turn the body to the right, raise the arms above the head, and rise on the left toe (Fig. 39).

One — On the word "One," swing the arms downwards in front of the body, (keeping the arms straight), turn the body to the left —strike the bells together above the head, and rise on the right toe (Fig. 40).

Two — On the word "Two," swing the arms downwards in front of the body, (keeping the arms straight), turn the body to the right, strike the bells together above the head, and rise on the left toe. Swing 14 times, and, on the 14th time, remain steady with the bells together above the head, till the last note of the music; at the last note draw back the right foot to the left and bring the bells by the side.



DUMB BELL EXERCISES.

20th EXERCISE.

Ready — On the word "Ready," take a full pace of 18 or 20 inches to the right front, and, at the same time, place the bells on the shoulder (Fig. 41).

41

One — On the word "One," extend the arms above the head—keeping the head well back, and chest forward (Fig. 42).

42

Two — On the word "Two," keeping the arms straight, bend the body from the waist and let the arms swing well behind the body (Fig. 43), and, without showing a pause, raise the body and assume position of Fig. 42.

Three — On the word "Three," bend the arms and bring the bells to the shoulder (Fig. 41), then upwards above the head (Fig. 42).

43

Repeat 8 times, and, on the eighth time, draw back the right foot to the left and bring the bells by the side.

21st EXERCISE.

Ready — On the word "Ready," carry the right foot 18 or 20 inches to the right.

44

One — On the word "One," bend the body downwards from the waist to the right (Fig. 44).

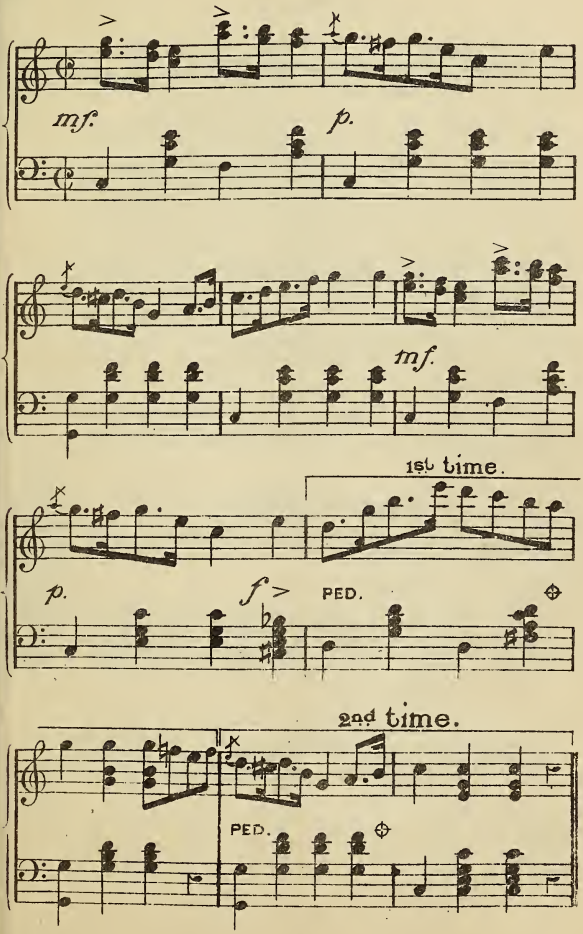
Two — On the word "Two," keeping the arms straight, raise the body and strike the bells together above the head (Fig. 45).

Three — On the word "Three," bend the body downwards from the waist to the left (Fig. 46).

46

Four — On the word "Four," raise the body and strike the bells together above the head (Fig. 45).

Repeat 16 times.

45

mf.
p.
mf.
1st time.
p.
f
PED.
2nd time.
PED.

BAR BELL EXERCISES.

A

The Bar Bell or Two Handed Dumb Bell is a stick with a ball or knob at each end, made of ash, about five feet long, and an inch in diameter. The following exercises have been arranged so that every muscle of the body will be brought into play. Some of the exercises will be found of considerable value in developing the chest and abdominal muscles. In addition, the positions assumed are more striking and graceful than in the Dumb Bell Exercises, and, when done by a large number of pupils at once, prove most effective. If space permits, the pupil should be taught to march with the bell behind the shoulder (Fig. *a*) ; special care being taken that the head is kept well back. A walking stick or broom-handle, if of the requisite length, may be efficiently used as a substitute for the bell.

The pupils will fall in in two ranks, at close order, standing at ease, bell in right hand, and by the right side (Fig. *b*).

B

OPENING RANKS.

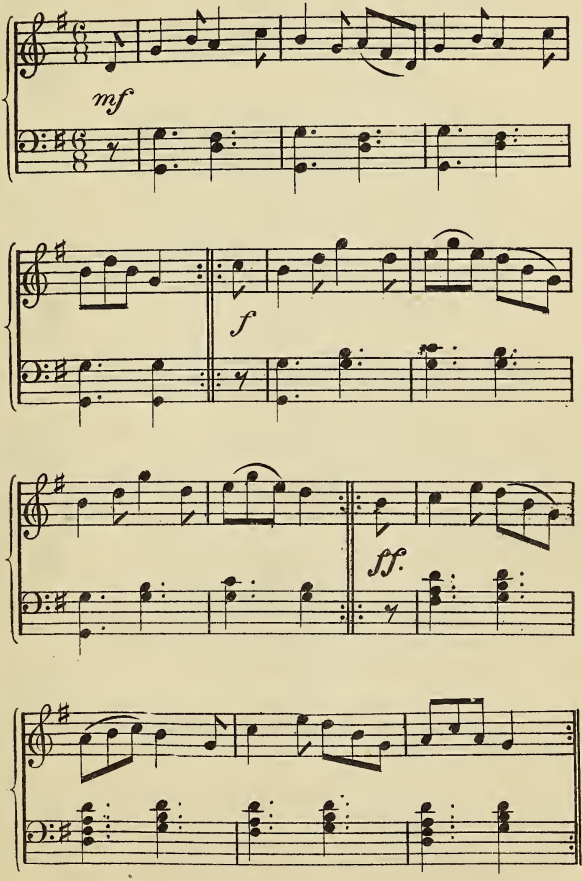
Attention. As usual.

Number. As usual.

Open out—March. On the word "March," the front rank will take three paces to the front, stepping off with the left feet with a distinct beat.

Two On the word "Two," the odd numbers will take one pace to the right, and the even numbers one pace to the left.

Half-left—Turn. As before.


mf
f
fff.

BAR BELL EXERCISES.

1st EXERCISE.

Ready — On the word "Ready" (or on a chord being sounded on the piano), give a beat on the floor with the bell, and place the left hand on the bell, palm of the hand to the front (Fig 1). Keeping the right arm steady, raise the bell with the left hand upwards, then downwards, in front of the body, to the position of Fig. 2.

1

2

One — On the word "One," bend the arms from the elbows and raise the bell to the shoulders (Fig. 3).

Two — On the word "Two," lower the bell to the ready position.

3

Repeat 8 times.

Change — On the word "Change," raise the bell to the shoulder as in "One."

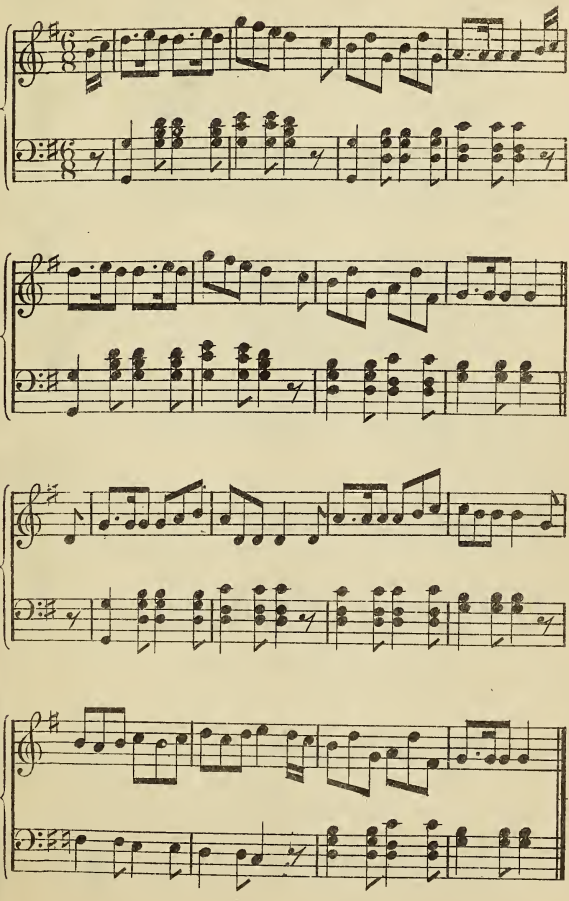
Two — On the word "Two," raise the bell above the head—chest to be pressed forward and head well back (Fig. 4).

Three — On the word "Three," bend the arms and bring the bell to the shoulder (Fig. 3).

Four — On the word "Four," bring the bell to the ready position.

4

Repeat 8 times.



BAR BELL EXERCISES.

2nd EXERCISE.

Ready. As before.

One { On the word "One," raise the bell over the head—bell to be in line with the shoulder, palms of the hands turned upwards (Fig. 5).

Two { On the word "Two," return the bell over the head to the shoulder—back of the hands turned upwards (Fig. 6).

Repeat 16 times, and bring the bell to the ready position.

Change { On the word "Change," from the ready position raise the bell above the head (Fig. 7).

Two { On the word "Two," keeping the arms straight, place the bell behind the body (Fig. 8).

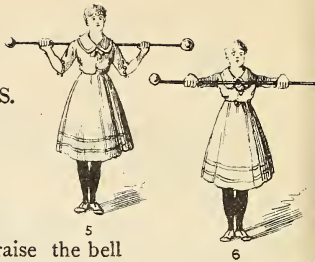
Three { On the word "Three," keeping the arms straight, return the bell above the head (Fig. 7).

Four } On the word "Four," bring the bell to the ready position.

Repeat 16 times, and on the 16th time place the bell to the left side (Fig. 9).

Change { On the word "Change," from position of Fig. 9, carry the bell upwards above the head, and downwards to the right side (Fig. 10).

Repeat 16 times.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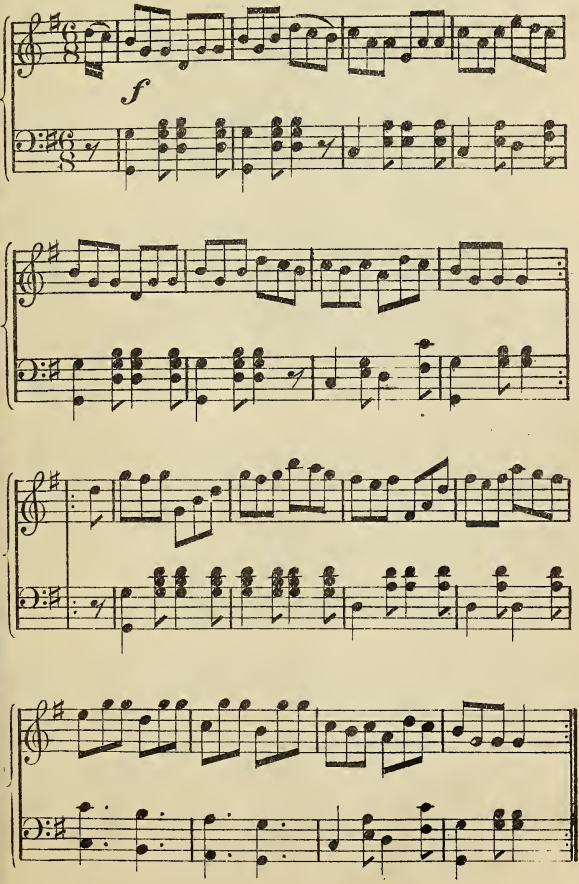
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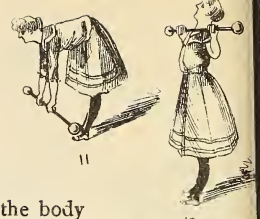
BAR BELL EXERCISES.



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3rd EXERCISE.

Ready. As before.

One { On the word "One," bend the body downwards from the waist, keeping the knees straight, and place the bell horizontally over the toes (Fig. 11).

Two { On the word "Two," raise the body upwards, and place the bell in front of the chest (Fig. 12).

Three { On the word "Three," raise the bell above the head till the arms are straight—the head to be kept well back (Fig. 13).

Four { On the word "Four," bend the arms and bring the bell to the chest (Fig. 12).

Repeat 8 times.

12

13

14

4th EXERCISE.

Ready. As before.

One { On the word "One," keeping the arms straight, raise the bell above the head (Fig. 14).

Two { On the word "Two," bring the bell to the ready position.

Three { On the word "Three," raise the bell with the left hand to the right side of the body—the bell to be perpendicular (Fig. 15).

Four { On the word "Four," bring the bell with the left hand to the ready position.

Five. Same as "One."

Six. Same as "Two."

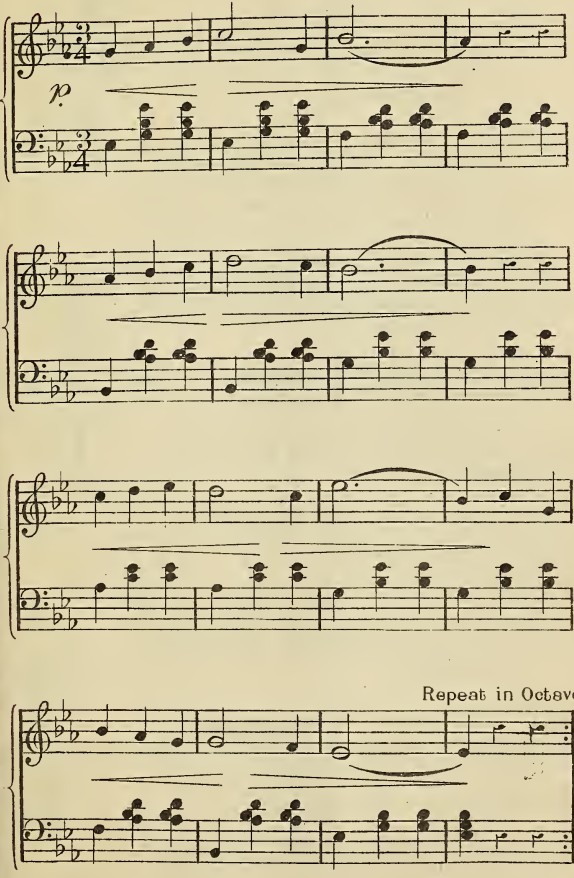
Seven { On the word "Seven," raise the bell with the right hand to the left side of the body (Fig. 16).

Eight { On the word "Eight," bring the bell with the right hand to the ready position.

Repeat 8 times.

15

16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Repeat in Octaves.

BAR BELL EXERCISES.

17

5th EXERCISE.

Ready. As before.

One { On the word "One," raise the bell upwards in front of the body till the arms are in line with the shoulders (Fig 17).

Two { On the word "Two," draw the arms well past the body, and bring the bell to the chest (Fig. 18).

18

Three { On the word "Three," force the arms out in front of the body (Fig. 17).

Four { On the word "Four," keeping the arms straight, bring the bell to the ready position.

Repeat 16 times.

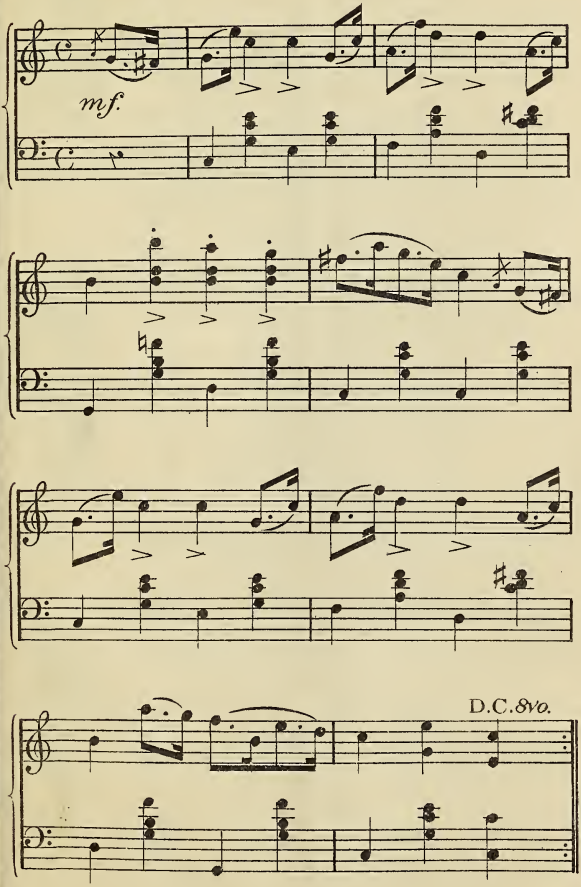
Change { On the word "Change," repeat movement of Fig. 17.

Two { On the word "Two," extend the hands outwards along the bell, at the same time bringing the bell to the chest (Fig. 19).

19

Three { On the word "Three," keeping the arms straight, bring the hands inwards along the bell till in line with the shoulders, at the same time forcing the bell out in front of the body (Fig. 17).

Four { On the word "Four," keeping the arms straight, bring the bell to the ready position.

Repeat 16 times.

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BAR BELL EXERCISES.

6th EXERCISE.

20

Ready. As before.

One { On the word "One," raise the bell over the head till the arms are fully extended behind the body (Fig. 20).

Two { On the word "Two," keeping the arms straight, return the bell over the head to the ready position (Fig. 2).

Three { On the word "Three," keeping the left hand steady, raise the bell over the head with the right hand (Fig. 21), till position of Fig. 20 is reached.

Four { On the word "Four," keeping the right hand steady, raise the bell over the head with the left hand (Fig. 22), to the ready position.

Repeat 16 times, and show a pause between each movement.

Repeat 8 times, but show *no pause* between the movements.

This exercise may be done with the lounge to the right and left.

21

7th EXERCISE.

One { On the word "One," keeping the left hand steady, raise the bell with the right hand to the left side (Fig. 16).

Two { On the word "Two," raise the bell above the head (Fig. 14).

Three { On the word "Three," bring the bell to ready position, and raise it again above the head (Fig. 14).

Four { On the word "Four," bring the bell to the right side (Fig. 15).

Five { On the word "Five," raise the bell above the head (Fig. 14).

Six { On the word "Six," bring the bell to ready position, and raise it again above the head (Fig. 14).

Seven { On the word "Seven," bring the bell to the left side (Fig. 16).

Repeat 8 times, show a slight pause between the movements, and give a beat with the right foot at the end

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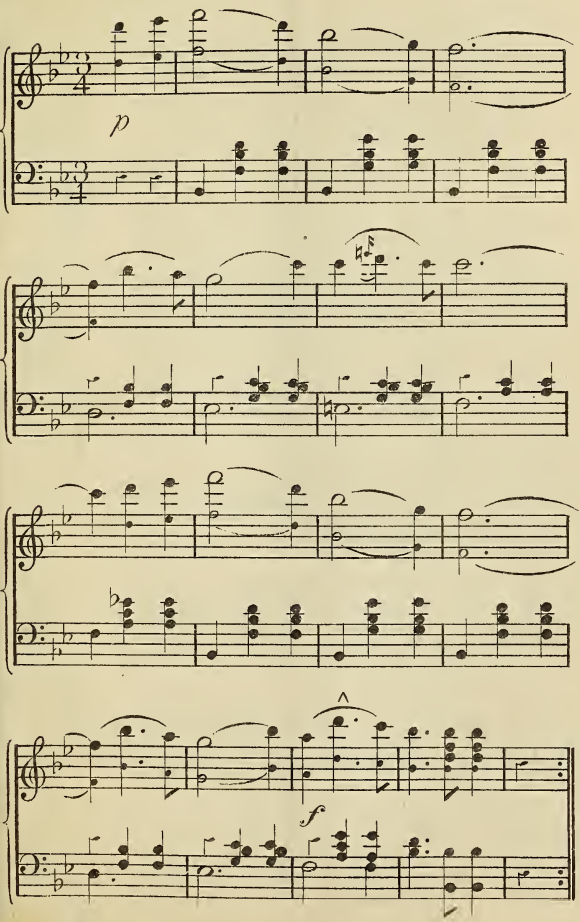
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BAR BELL EXERCISES.

8th EXERCISE.

Ready. On the word "Ready," place the left hand on the waist, and the bell in the right hand (Fig. 25).

One. On the word "One," take a pace of 18 or 20 inches to the right front, and, at the same time, bend the body from the waist and place the bell in front of the right foot (Fig. 26).

Two. On the word "Two," raise the bell to the chest (Fig. 27).

Three. On the word "Three," raise the bell above the head, and, at the same time, straighten the right knee (Fig. 28).

Four. On the word "Four," bend the arm and bring the bell to the chest, at the same time bend the right knee (Fig 26).

Repeat 8 times, and, on the eighth time, draw back the right foot to the left, and place the bell in the left hand.

Repeat same movements to the left with the left hand.

Repeat same movements to the right and left with both hands.

25

26

27

9th EXERCISE.

Ready. As before.

One. On the word "One," take a pace of 18 or 20 inches to the right front, and, at the same time, bend the body from the waist, and place the bell in front of the right foot.

Two. On the word "Two," raise the bell to the chest—keeping the right knee bent.

Three. On the word "Three," raise the bell over the head—keeping the arms straight—till the arms are fully extended behind the body (Fig. 29).

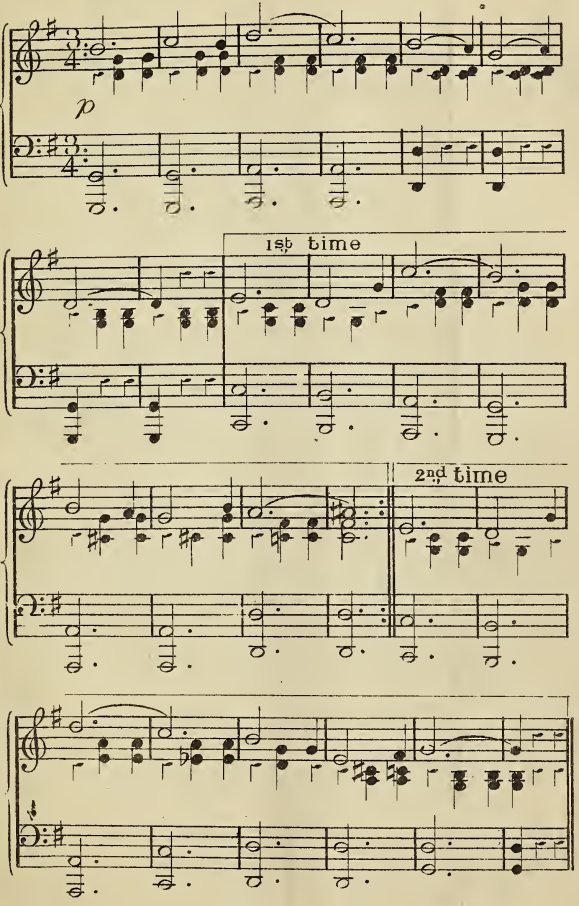
Four. On the word "Four," return the bell over the head to the chest.

Repeat 8 times, and, on the eighth time, draw back the right foot to the left.

Repeat same movements with the left foot forward.

28

29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1st time
2nd time

BAR BELL EXERCISES.

10th EXERCISE.

31

Ready { On the word "Ready," place the bell in front of the right shoulder (Fig. 31).

33

32

One { On the word "One," extend the arm to the front of the body (Fig. 32).

Two { On the word "Two," draw the arm in to the chest (Fig. 31).

Three { On the word "Three," extend the arm out from the side of the body (Fig. 33).

35

Fonr { On the word "Four, from position of Fig. 33, bend the arm and pass the bell into the left hand, and repeat the same movements (Fig. 34).

34

Repeat 16 times.

Change { On the word "Change," place the bell on the shoulder with the right hand (Fig. 35).

One { On the word "One," raise the bell above the head (Fig. 36).

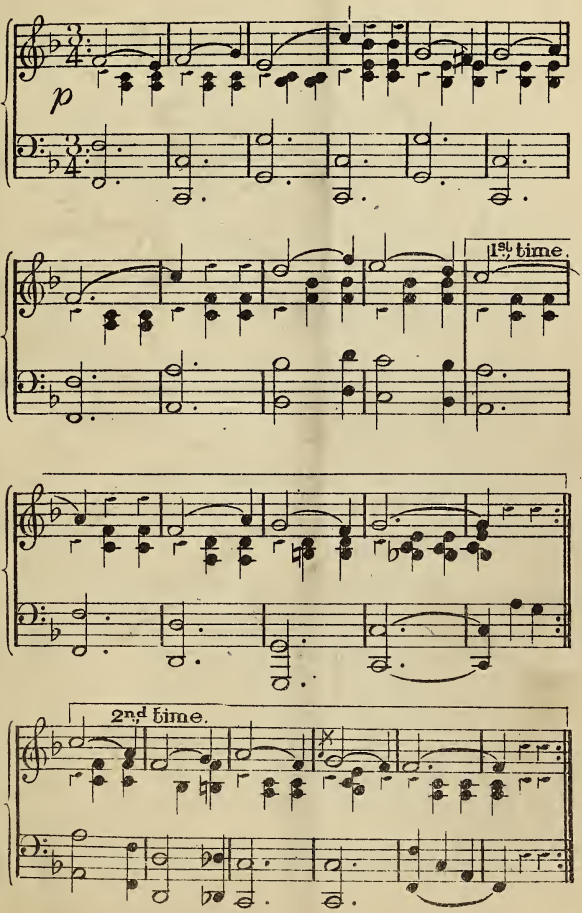
36

Two { On the word "Two," bring the bell to the shoulder again.

Three { On the word "Three," raise the bell above the head as before.

Four { On the word "Four," pass the bell over the head into the left hand, and repeat same movements (Fig. 37).

Repeat 16 times.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1st time.
2nd time.

BAR BELL EXERCISES.

11th EXERCISE.

Ready. As before.

One { On the word "One," take a full pace to the right front, and, at the same time, raise the right hand above the head (Fig. 38).

Two { On the word "Two," draw back the right foot to the left, and bring the bell to ready position.

Three { On the word "Three," take a full pace to the front and raise the bell above the head (Fig. 39).

Four { On the word "Four," draw back the right foot to the left, and bring the bell to ready position.

Repeat 16 times.

Repeat same movements with the left foot forward.

38

39

12th EXERCISE.

Ready. As before.

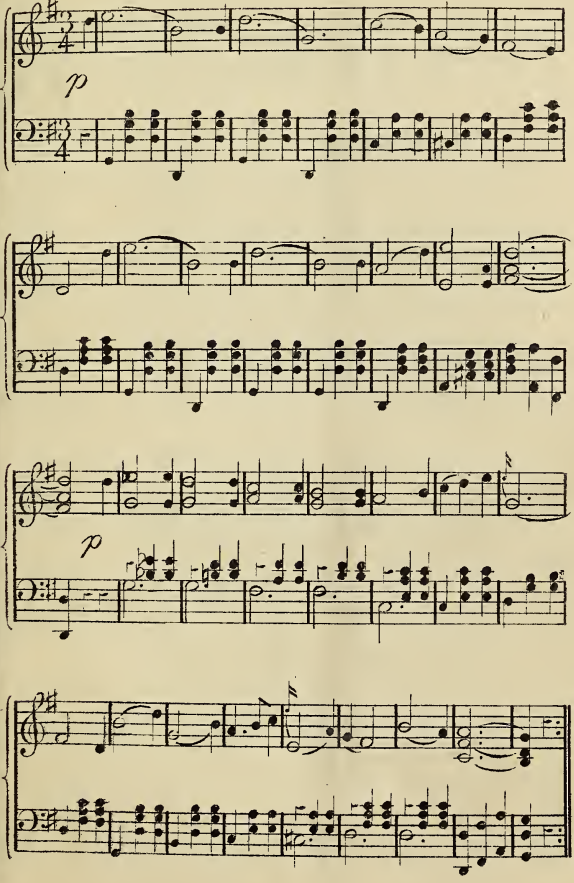
One { On the word "One," swing the bell round to the right side, at the same time turn the head and body to the right—care must be taken not to move the feet (Fig. 40).

40

Two { On the word "Two," swing the bell to the left side, at the same time turning the head and body to the left (Fig. 41).

Repeat 16 times.

41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BAR BELL EXERCISES.

13th EXERCISE.

Ready — On the word "Ready," carry the left foot 10 or 12 inches to the left, and, at the same time, turn the body to the left and place the bell above the head (Fig. 42).

42

Swing — On the word "Swing," keeping the arms straight, swing the bell downwards in front of the body—turn the body to the right and raise the bell above the head (Fig. 43).

43

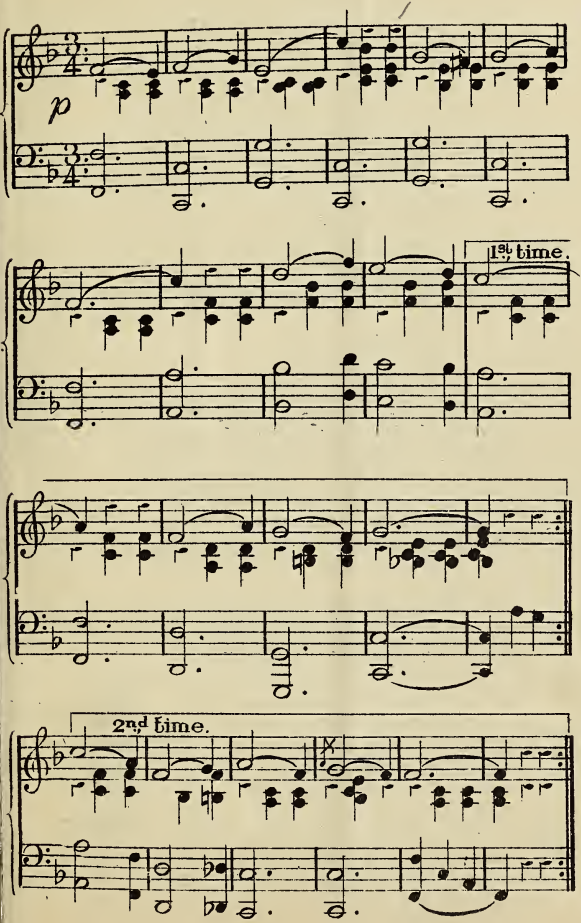
Repeat 16 times, and show a slight pause between the movements.

Change — On the word "Change," swing the bell from the left to the right side, and place the bell behind the head at the right side (Fig. 44), and above the head again.

44

Swing — On the word "Swing," swing the bell from the right to the left side—place the bell behind and above the head (Fig. 45).

45

Repeat 16 times.

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1st time.
2nd time.

RIFLE EXERCISES.

The following exercises have been arranged to music in the hope that they may afford the opportunity, to many volunteers, of healthy amusement during the winter months, and prove a means for keeping the men together after the drill season is over.

The exercises themselves will tend to develop the muscular powers, and, being practised with the rifle, will do much to cultivate an easy familiarity with that weapon, and at the same time will enable the volunteer to use it with skill and activity.

The idea of such exercises was first suggested to me by Sergt.-Major Noakes, while under his instruction at the Gymnasium at Aldershot.

The squad will fall in in two ranks, and at "Stand at Ease."

Attention. As before.

Shoulder—Arms. As in rifle exercises.

Number. As before.

Open distance from the left, right close, quick—March. On the word "March," the whole, except the left hand men, will close to the right, at the same time raising their left arms in line with the shoulders, palms of the hand upwards, and halt as soon as the tip of the fingers is clear of the man on their left; the head and eyes will, at the same time, be turned to the left (Fig. 1).

Eyes—front. On the word "Front," the head and eyes will be turned to the front, and the left hands dropped by the side.

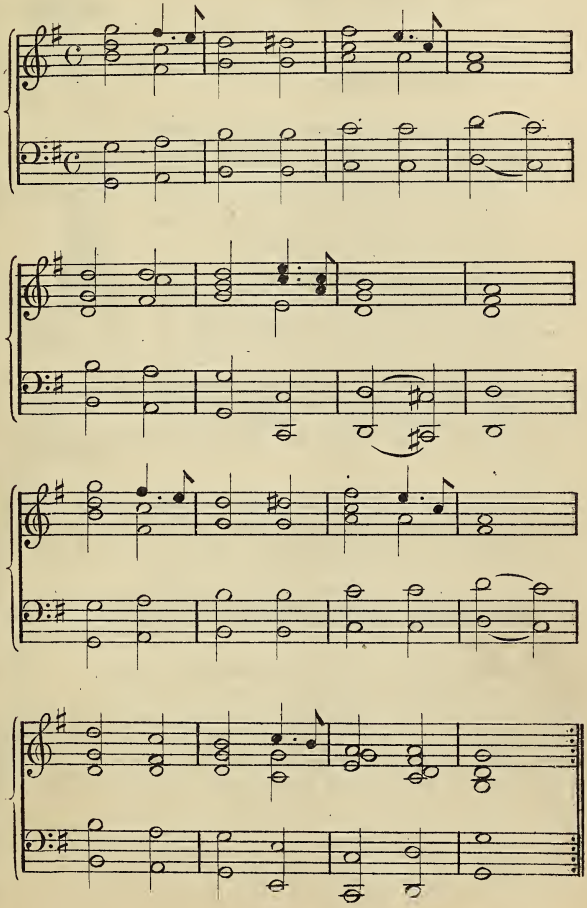
Open out—March. On the word "March," the front rank will take three full paces to the front.

Two. On the word "Two," the whole will turn to the right.

Three. On the word "Three," the odd numbers of both ranks will take a pace of twelve or fourteen inches to the left, with the left foot, and the even numbers of both ranks a pace of twelve or fourteen inches to the right, with the right foot.

Half-left—Turn. As before.

MARCH.



RIFLE EXERCISES.

1st EXERCISE.

2

Ready { On the word "Ready," turn an eighth of a circle to the right on both heels, then draw back the right foot eight or ten inches, and bring the rifle to the "Ready" position, both knees to be kept perfectly straight (Fig. 2).

3

One { On the word "One," extend both arms in front of the body, keeping the rifle in line with the shoulders (Fig. 3).

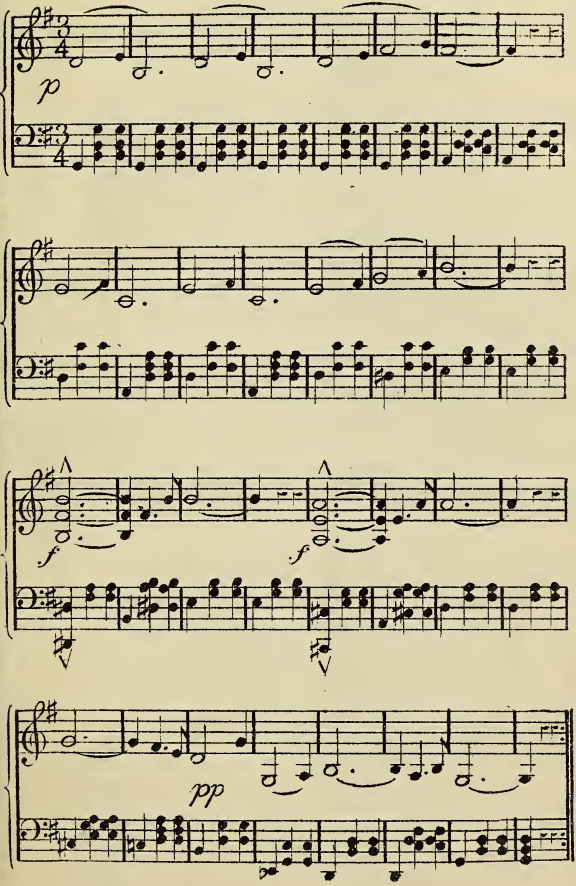
Two { On the word "Two," throw back the rifle to the full extent of the right arm, the barrel resting upon the left arm, just above the elbow (Fig. 4).

4

Three { On the word "Three," extend both arms in front of the body, keeping the rifle in line with the shoulders (Fig. 3).

Four { On the word "Four," bring the rifle down to the "Ready," position.

5

Repeat eight times, and on the eighth time bring the rifle to the shoulder, and the right foot up to the left, then carry the left foot eight or ten inches to the rear, and bring the rifle to the "Ready" position by the left side (Fig. 5), and repeat eight times. On the eighth time bring the left foot up to the right, and at the same time bring the rifle to the shoulder at the right side.

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RIFLE EXERCISES.

2nd EXERCISE.

Ready { On the word "Ready," bring the rifle to the trail (Fig. 6).

One { On the word "One," raise the right arm in front of the body in line with the shoulder (Fig. 7), then bring the rifle in to the shoulder, the rifle to be kept perfectly upright (Fig. 8).

Two { On the word "Two," extend the arm in front of the body, then bring the rifle back to the shoulder.

Three { On the word "Three," bring the rifle to a horizontal position on the shoulder, sling uppermost, and butt to the front (Fig. 9).

Four { On the word "Four," raise the rifle above the head to the full extent of the arm (Fig. 10).

Five { On the word "Five," bend the arm, and bring the rifle to the shoulder (Fig. 9).

Six { On the word "Six," bring the rifle in front of the shoulder (Fig. 8), and extend the arm in front of the body.

Repeat twice, and on the second time seize the rifle with the left hand, and bring it to the trail by the left side, then repeat twice with left hand, and at the end of the music, seize the rifle with the right hand, and bring it to the order by the right side (Fig. 11).

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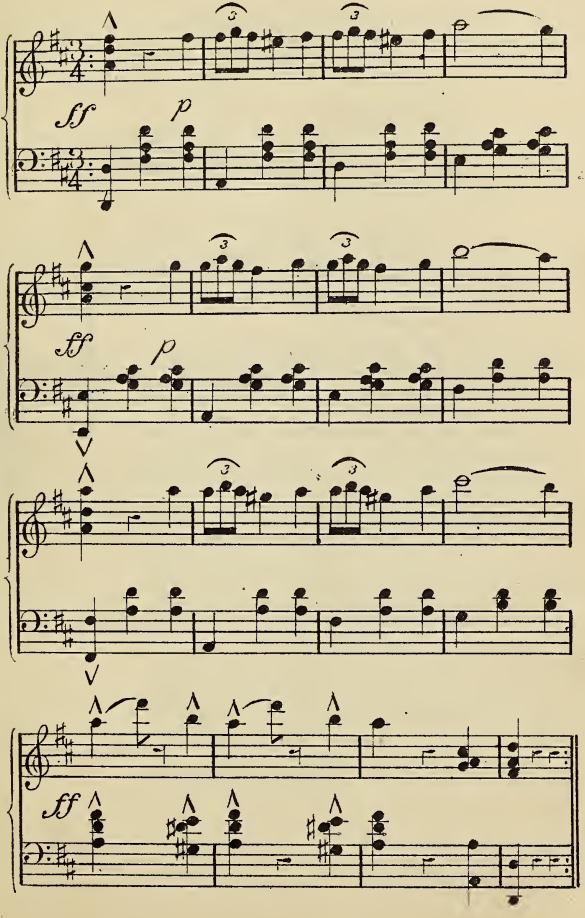
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RIFLE EXERCISES.

3rd EXERCISE.

Ready — On the word "Ready," bring the rifle to the trail (Fig. 6).

One — On the word "One," raise the right arm in front of the body, in line with the shoulder (Fig. 7), then bend the arm, and bring the rifle to the shoulder (Fig. 8).

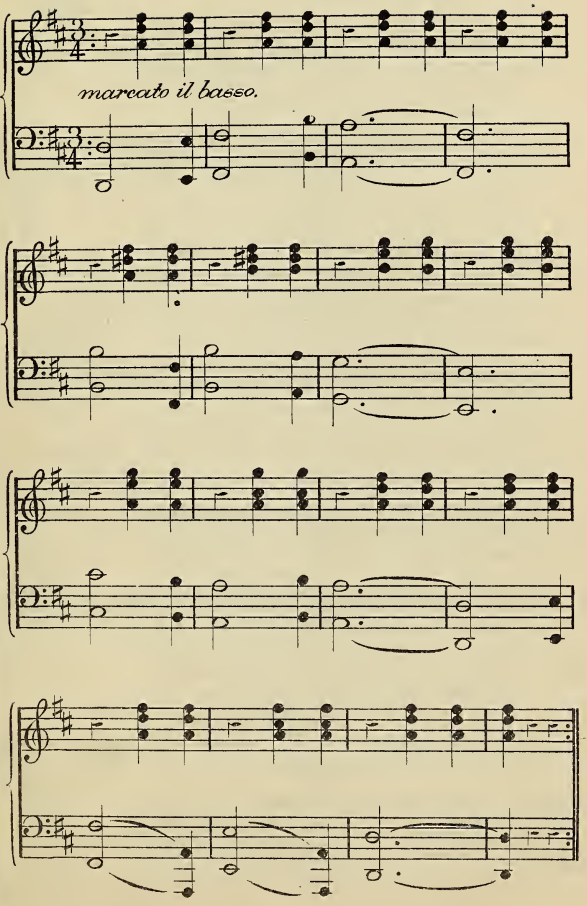
Two — On the word "Two," extend the arm in front of the body (Fig. 7).

Three — On the word "Three," keeping the arm straight, turn the head and body to the right till you look over the right shoulder—care must be taken not to move the feet (Fig. 12).

12

Four — On the word "Four," keeping the arm straight, turn the arm and body round till the position of Fig. 7 is reached, then bend the arm, and bring the rifle to the shoulder.

Repeat three times, and on the third time extend
: arm in front of the body twice, and then pass the
e to the left hand, and bring the rifle to the trail at
: left side.

Repeat with left arm, and finish by passing the
e back to the right hand, and bringing it to the
)rder."

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RIFLE EXERCISES.

4th EXERCISE.

Ready — On the word "Ready," raise the left hand smartly to the right shoulder, and grasp the rifle, finger nails to the front, hand close to, and in line with, the shoulder (Fig. 13).

13

Two — On the word "Two," bring the rifle smartly down to a horizontal position in front of the body, sling downwards, the fore-finger and thumb of the right hand quitting the guard, and grasping the rifle at the "small," fingers and thumbs meeting round the rifle, both arms at their full extent, at the same time carry the right foot about fourteen or sixteen inches to the right; both knees to be kept perfectly straight (Fig. 14).

14

One — On the word "One," keeping the knees straight and head well back, bend down and bring the rifle to the insteps (Fig. 15).

15

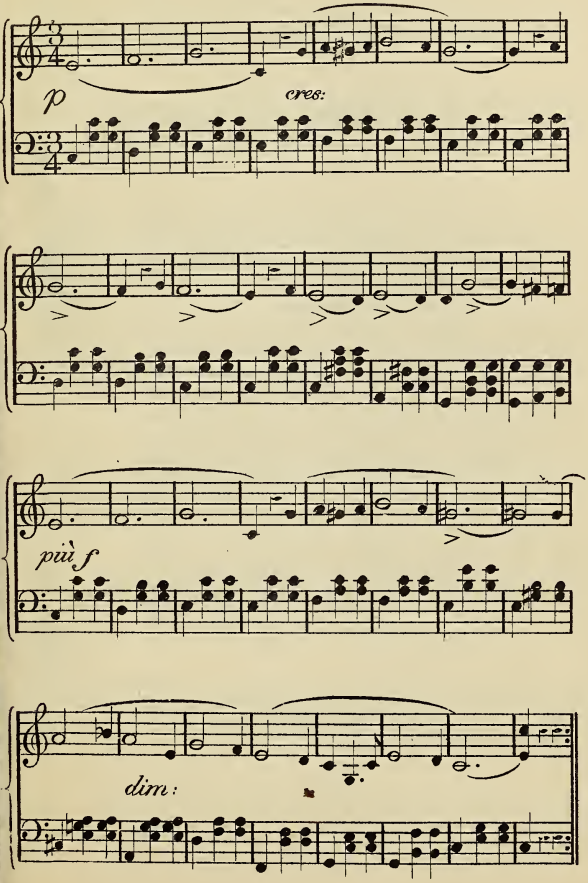
Two — On the word "Two," keeping the arms and knees straight, swing the rifle straight above the head, reaching well out to the front to do so, keeping the head between the arms (Fig. 16).

16

Three — On the word "Three," bend the arms and bring the rifle down to the shoulders, behind the neck, keeping the head well back, and forcing the chest well to the front (Fig. 17).

Four — On the word "Four," extend the arms above the head (Fig. 16).

17

Repeat eight times, and on the eighth time bring the rifle to the "shoulder," at the same time bring the right foot back to the left, and drop the left hand by the side.

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RIFLE EXERCISES.

5th EXERCISE.

Ready. As before.

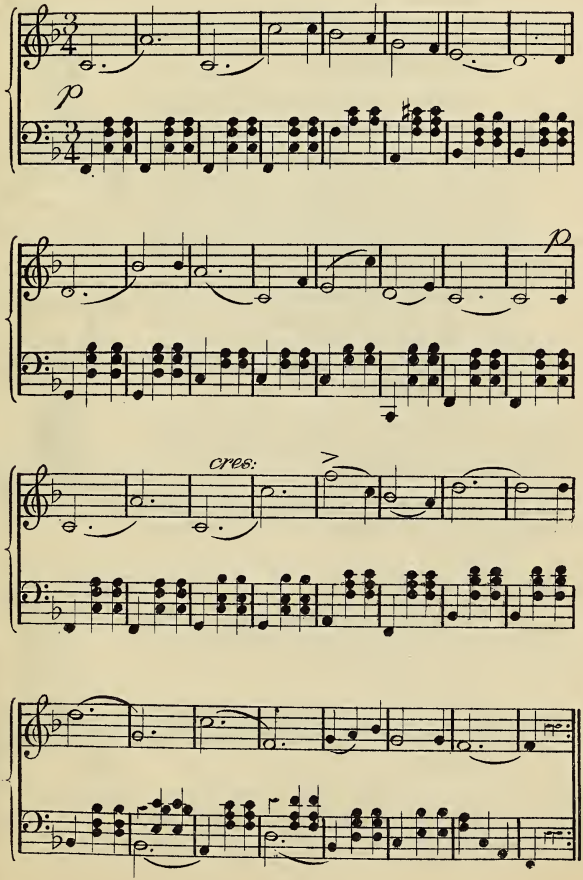
One { On the word "One," turn the body to the left, and raise the rifle to a horizontal position above the head, both arms straight; at the same time rising on the right toe (Fig. 18).

18

Two { On the word "Two," swing the rifle sideways to the right to a horizontal position above and well over the head, at the same time turn the body to the right, and rise on the left toe, the right foot to remain firm on the ground, knees braced back, head thrown back, and eyes directed to the rifle (Fig. 19).

19

Three { On the word "Three," with the muzzle leading, swing the rifle down in front of the body, to the left, and above the head, at the same time turning the body to the left, and rising on the right toe.

Repeat eight times, and on the eighth time bring the rifle to the "shoulder," the right foot back to the left, and drop the left hand by the side.

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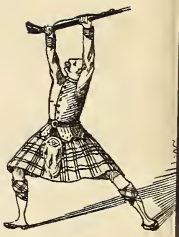
RIFLE EXERCISES.

6th EXERCISE.

Ready { As before, except that the heels are kept close together.

One { On the word "One," keeping the left foot firm and flat on the ground, and the left leg straight, longe out to the right as far as the left leg will allow, the right leg, from the knee downward, to be perpendicular, body to be turned well to the right, and bent from the waist backwards, at the same time throw the rifle to a horizontal position above the head, eyes directed to the rifle (Fig. 20).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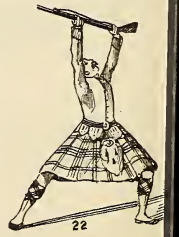
Two { On the word "Two," bring the right foot back to the left, and resume the "Ready" position.

Three { On the word "Three," repeat as in "One," but longe out to the front (Fig 21).

21

Four. As in "Two."

Five { On the word "Five," repeat as in "One," but longe out to the left (Fig. 22).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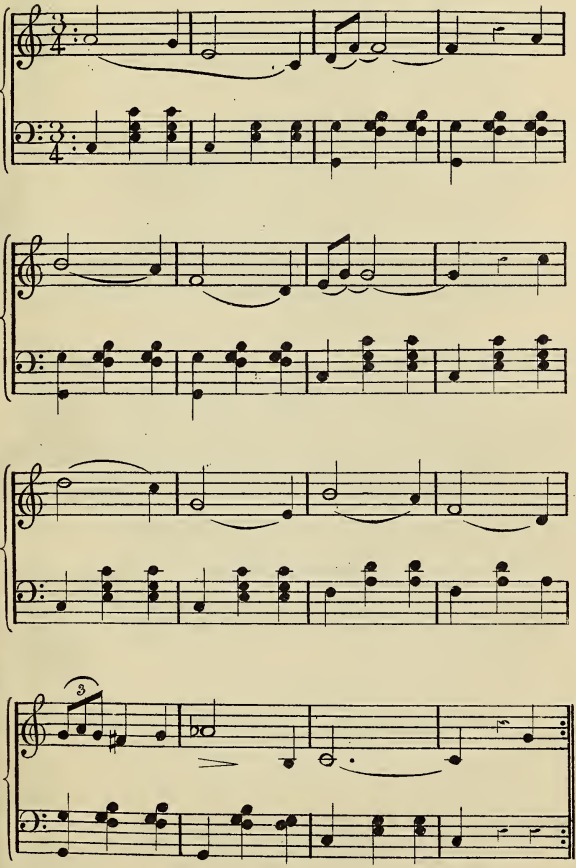
Six. As in "Two."

Change { On the word "Change," repeat the above movements, commencing with the left leg.

Repeat the above movements as many times as required, then bring the rifle to the shoulder, and drop the left hand by the side.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RIFLE EXERCISES.

7th EXERCISE—1st Part.

Ready. As in previous Exercise.

One { On the word "One," raise the rifle to the breast, about six inches below the chin, elbows close to the sides, sling of the rifle upwards (Fig. 23).

Two { On the word "Two," throw the rifle out to the front, arms straight, hands in line with the shoulders (Fig. 24).

Repeat eight times.

23

24

2nd Part.

Change { On the word "Change," keeping the left leg straight, longe out to the right, body turned to the right, chest well forward, head thrown back, rifle to the breast (Fig. 25).

25

One { On the word "One," throw the rifle out to the front, arms straight, hands in line with the shoulders (Fig. 26).

Two { On the word "Two," bend the arms, and bring the rifle to the breast as above (Fig. 25).

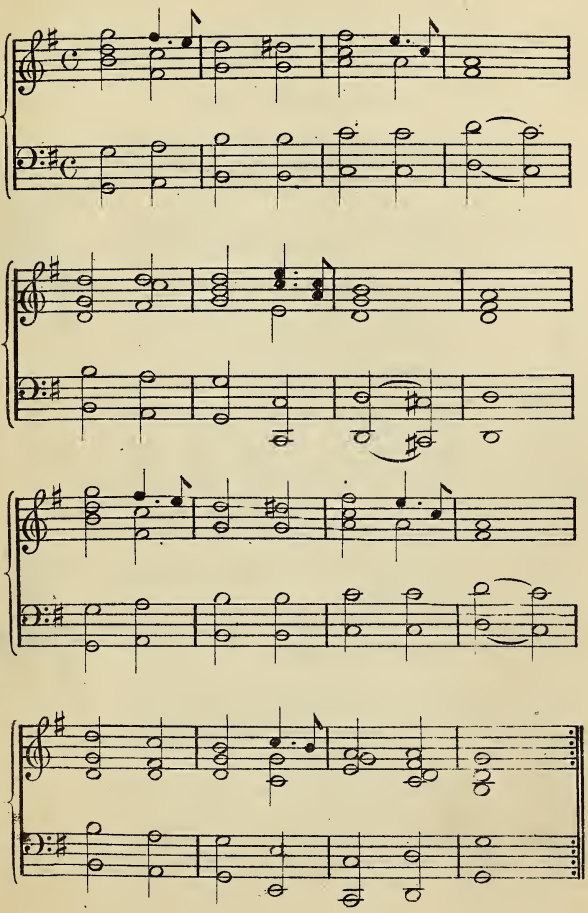
26

Repeat eight times.

3rd Part.

Change { On the word "Change," raise the toes, and by a quick movement turn to the left on the heels, reversing the position of the legs, viz. :—the left knee bent, the right leg straight, and the rifle kept at the breast (Fig. 27).

27



RIFLE EXERCISES.

3rd PART—(Continued).

One — On the word "One," throw the rifle out to the front, arms straight, hands in line with the shoulders (Fig. 26).

26

Two — On the word "Two," bend the arms, and bring the rifle to the breast (Fig. 25).

Repeat eight times, and on the eighth time bring the rifle to the "shoulder," and drop the left hand by the side.

For Music, see page 149.

Half-right—Turn. As before.

Reform—Ranks — On the word "Ranks," the odd numbers of both ranks will take a pace of twelve or fourteen inches to the right, the even numbers of both ranks a similar pace to the left.

25

Two — On the word "Two," the whole will turn to the left.

Three — On the word "Three," the rear rank will step up three paces.

Four — On the word "Four," the whole, with the exception of the right file (*i.e.* No. 1 of the front and rear rank), will turn to the right.

Five — On the word "Five," the whole, with the exception of the right file, will step off together in quick time, and, as they close, each file will halt and turn to the front, taking up their dressing by the right.

BAYONET EXERCISE.

The Squad will fall in in two ranks, at close order, and standing at ease.

Attention. As before.

Fix—bayonets. As in Rifle Exercises.

Shoulder—Arms. As before.

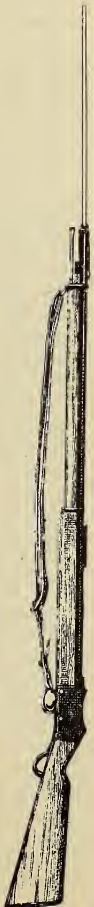
Number. As before.

Open-out—March On the word "March," the front rank will take three paces to the front.

Two On the word "Two," the odd numbers of both ranks will take one pace to their front, while, at the same time, the even numbers will step back one pace.

Engage On the word "Engage," bring the rifle to the ready position by the right side, at the same time draw back the right foot 22 or 24 inches, and bend both knees (Fig. 1).

Lunge On the word "Lunge," take a full step to the front with the left foot, the right remaining firm and flat on the ground, the right leg straight, the back well hollowed, the head upright, the breast advanced, the shoulders flat, the eyes directed to the front (Fig. 2).

Recover On the word "Recover," bring back the left foot and resume the position of the "Engage."

BAYONET EXERCISE.

1st EXERCISE.

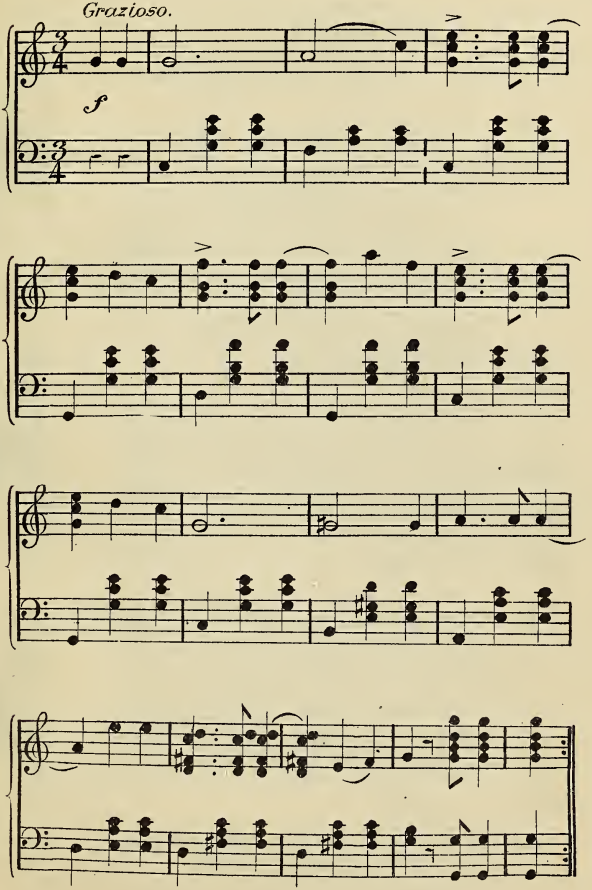
CAUTION—*Points without and with the Lunge.*

First—On the word "First," deliver the point smartly to the front to the full extent of the arms, and as high as the breast or neck, at the same time, leaning well forward, by straightening the right leg, keeping the right foot firm on the ground (Fig. 3); then, after a pause, withdraw the point and come to the engage.

Second—On the word "Second," deliver the point smartly by throwing the rifle to the front to the full extent of the right arm, the shoulder to be forced well forward, at the same time, quit the grasp of the left hand, placing it above the left knee (Fig. 4); then, after a pause, withdraw the point, and, again grasping the rifle with the left hand at the balance, come to the "engage."

Third—On the word "Third," draw back the rifle with the right hand, allowing it to slip through the left, grasping it near the muzzle (Fig. 5); then, after a pause, deliver the point with the right hand (Fig. 4), and, grasping it again at the balance, withdraw the point, come to the engage, and give a beat with the left foot.

Repeat twice, and, on the second time, bring the rifle to a perpendicular position in front of the body, and, at the same time, bring the right foot up to the left, turning to the front on the left heel and grasp the rifle with the right hand close to and above the left (Fig. 6); then, after a slight pause, carry the left foot 24 inches to the rear, the left hand seizing the rifle at the "small," and come to the engage with the rifle at the left side (Fig. 7), and repeat twice. At the end of the music, bring the rifle back to the ready at the right side. Repeat the above practice *with the lunge*, and, at the close, bring the rifle to the shoulder at the right side.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BAYONET EXERCISE.

2nd EXERCISE.

CAUTION—*Guards and Points without and with the Lunge.*

Engage. As before.

Point. On the word "Point," deliver the first point, and, after a distinct pause, come to the engage (Fig. 3).

Right—Guard. On the word "Guard," keep the point high, and pass the rifle a few inches to the right, sling turned to the right, the right hand and fore-arm to remain firm at the side (Fig. 8). This parries a point made inside high.

8

Engage. Return to the engage.

Point. As before.

Left—Guard. On the word "Guard," keeping the point high, pass the rifle a few inches to the left, sling turned to the left (Fig. 9). This parries a point made outside high.

9

Engage. As before.

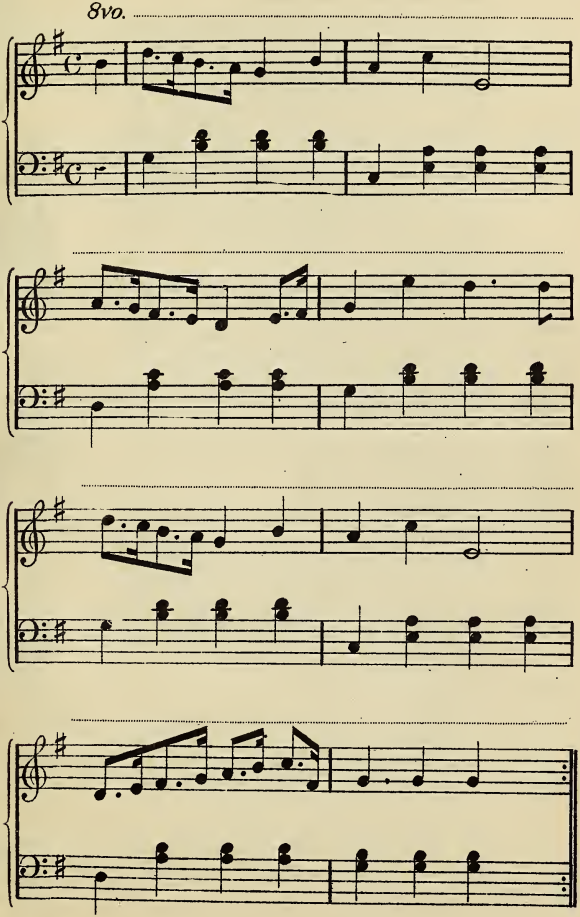
Point. As before.

Low-Guard. On the word "Guard," lower the point and pass the rifle by a circular motion downwards to the right, the right hand raised till the wrist touches the right breast, both elbows kept close to the body, point of the bayonet as low as the knee (Fig. 10). This parries a point made low on either side.

10

Engage. As before.

Point. As before, and give two beats with the left foot to finish the music.

Repeat twice, and at the end charge arms.

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BAYONET EXERCISE.

2nd Exercise—(Continued).

Charge—Arms — On the word "Arms," bring the rifle to a perpendicular position in front of the body, at the same time, bring the right foot up to the left, turning to the front on the left heel, and grasp the rifle with the right hand close to and above the left (Fig. 11); then, after a slight pause, carry the left foot 24 inches to the rear, the left hand seizing the rifle at the "small," and come to the engage by the left side (Fig. 12).

Point. As before.

Right—Guard — On the word "Guard," keep the point high, and pass the rifle a few inches to the right, sling turned to the right, the left hand and fore-arm to remain firm at the side (Fig. 13).

Engage. As before (Fig. 7).

Point. As before.

Left—Guard — As before (Fig. 14), but with the right foot to the front.

Engage. As before.

Point. As before.

Low—Guard — On the word "Guard," lower the point and pass the rifle by a circular motion downwards to the left, the left hand raised till the wrist touches the left breast, both elbows kept close to the body, point of the bayonet as low as the knee (Fig. 15).

Engage. As before.

Point. As before, and give two beats with the right foot.

Repeat twice, and charge arms.

Change—Arms — On the word "Arms," bring the rifle to the engage by the right side.

Repeat the above practice with the lunge, and at the end change arms and bring the rifle to the shoulder.

Order—Arms. As before.

Stand at—Ease. As before.

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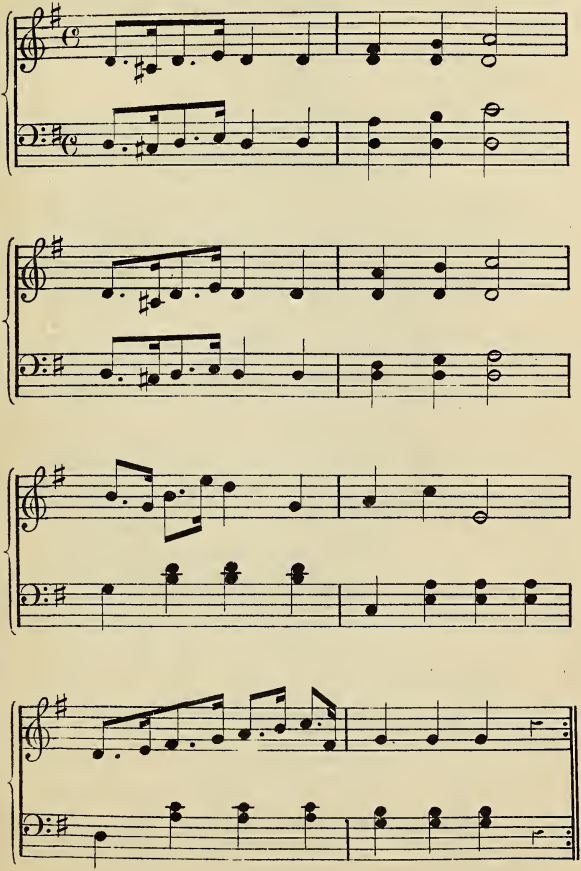

BAYONET EXERCISE.

3rd EXERCISE—1st Part.

CAUTION—*Review Exercise by numbers without the lunge.*

Attention. As before.

Shoulder—Arms. As before.

Engage. As before.

First—Point { On the word "Point," deliver the first point (Fig. 3), and, after a slight pause, come to the engage.

Second—Point { On the word "Point," deliver the second point (Fig. 4), and, after a slight pause, come to the engage.

Right { On the word "Right," shew the right guard (Fig. 8); then, after a slight pause, deliver the first point, and come to the engage.

Left { On the word "Left," shew the left guard (Fig. 9); then, after a slight pause, deliver the first point and come to the engage.

Low { On the word "Low," shew the right low guard (Fig. 10); then, after a slight pause, deliver the first point and come to the engage.

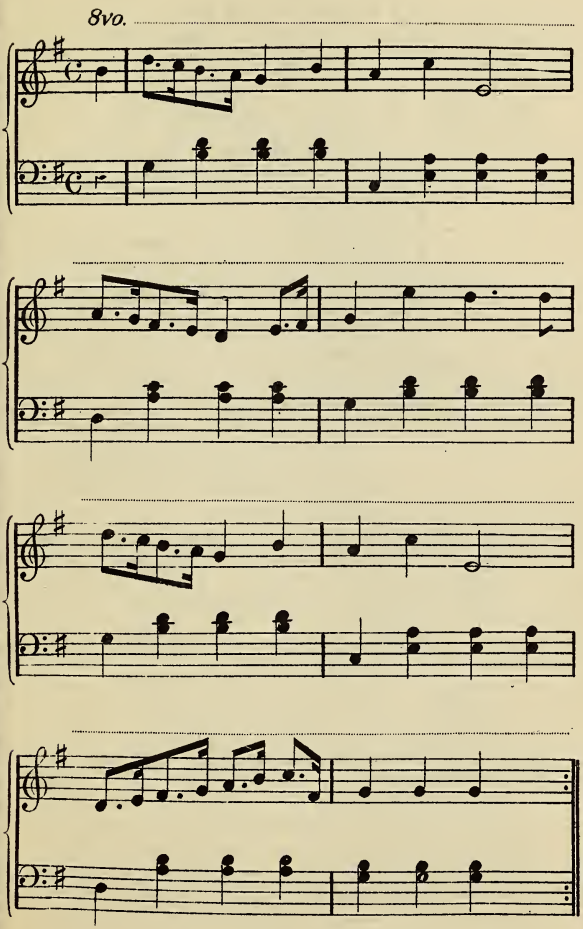
Repeat twice, and at the end of the Music charge arms and bring the rifle to the engage by the left side.

N.B.—On the second time, shew the left low guard.

Third—Point { On the word "Point," give a beat with the left foot, then deliver the third point (Figs. 5 and 4), then withdraw the point and come to the engage.

Repeat eight times, and on the eighth time, charge arms.

Change—Arms { On the word "Arms," bring the rifle to the engage by the left side.

Repeat the above practice with the right foot in front, and at the end change arms and bring the rifle to the shoulder.

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3rd EXERCISE—2nd Part.

CAUTION—*Review Exercise by numbers with the lunge.*

Engage. As before.

First Point. As in first part of Exercise (Fig. 3).

Second Point. As in first part of Exercise (Fig. 4).

Right — On the word "Right," show the right guard (Fig. 8); then, after a slight pause, deliver the first point and come to the engage.

Left — On the word "Left," shew the left guard (Fig. 9); then, after a slight pause, deliver the first point and come to the engage.

Low — On the word "Low," show the left low guard (Fig. 10); then, after a slight pause, deliver the first point and come to the engage.

Repeat twice, and at the end of the music, charge arms and bring the rifle to the engage, by the left side.

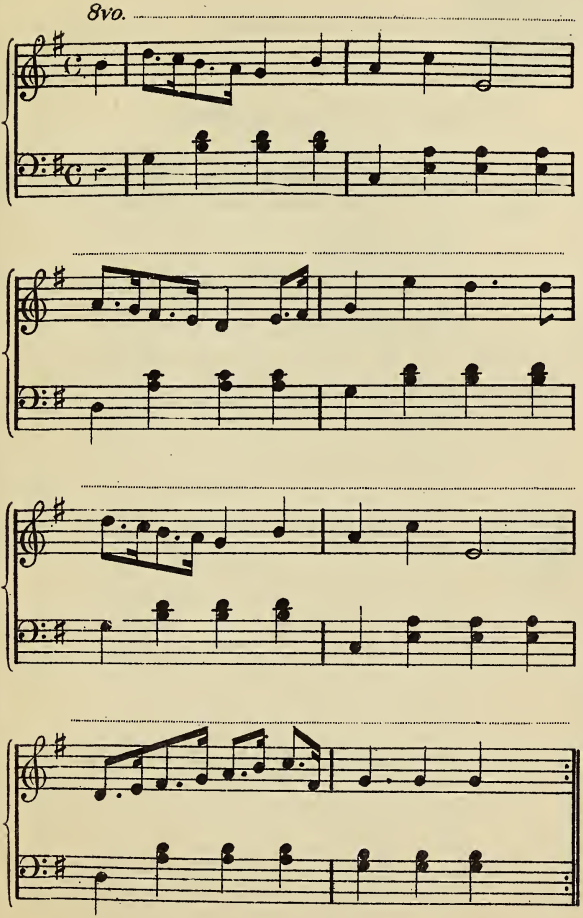
N.B.—On the second time, show the right low guard.

Third—Point — On the word "Point," give a beat with the right foot, then deliver the third point (Figs. 5 and 4), then withdraw the point and come to the engage.

Repeat eight times, and on the eighth time, charge arms.

Change Arms — On the word "Arms," bring the rifle to the engage by the left side.

Repeat the above practice with the right foot in front, and at the end change arms and bring the rifle to the "shoulder."

After the squad becomes efficient in executing the above Exercise by numbers, they should be taught to do it *in drill time, e.g.*, on receiving the following command "*Review Exercise in drill time—engage*," they should come to the engage, and, without further command, go through the whole of the above Exercise to the music, and at the conclusion bring the rifle to the shoulder.

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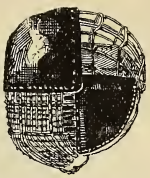
BAYONET EXERCISE.

3rd Exercise—2nd Part—Continued.

Reform—Ranks — On the word "Ranks," the even numbers of both ranks will take one pace to their front, the odd numbers of both ranks, at the same time, will step back one pace.

Two — On the word "Two," the rear rank will take three paces to their front, stepping off with their left feet with a beat.

Right (or Left)—turn — On the word "Turn," the whole will turn to the right (or left).



SWORD EXERCISE
OR
SINGLE STICK PRACTICE.

The pupils will fall in in two ranks, the rear rank ne pace from the front rank, sword at the slope, the ght foot drawn back about six inches, and the left nee slightly bent, the left arm by the side—standing ease (Fig. *a*).

Attention — On the word "Attention," both ranks come smartly to attention by bringing the right foot up to the left.

Number. — As before.

March — On the word "March," the front rank will take three paces to the front, stepping off with the left feet.

Open distance from the right, left close, quick-march — On the word "March," all the pupils will bring the sword to the recover (Fig. 1), and, with the exception of Nos. 1 of both ranks, will close to the left, and at the same time extend the right arm to the right, and halt when the point of the sword is about two inches from the shoulder of the pupil on the right, back of the hand up; both ranks dressing by the right.

Slope—Swords — On the word "Swords," bring the sword to the slope, and turn the head and eyes to the front.

Prepare for Sword—Exercise — On the word "Exercise," raise the toes and make a half turn to the left on the heels, and bring the right heel in front of the left, the right toe pointing to the front, the left to the left, eyes to the front; at the same time place the left hand behind the body, the thumb under the waist belt, the fingers closed in the hand. The right hand will be full to the front, little finger and elbow in line, the elbow resting against the hip and in front of it (Fig. 2).

SWORD EXERCISE.

3

Engage — On the word "Engage," bring the sword smartly across the front of the body, the point to the left front, and a few inches below the hilt. The right hand as high as the breast, the arm a little bent, elbow rather lower than the shoulder, edge of the sword to the right front, the "forte" of the sword covering the centre of the body; at the same time advance the right foot to the front about 20 or 24 inches, according to the length of the limit, knees well bent, the right knee to be perpendicular over the instep, the left well bent over the toes, the weight of the body equal on both legs (Fig. 3).

4

Lunge — On the word "Lunge," carry the right foot about 20 inches to the front, the right knee to be perpendicular with the instep, the left knee perfectly straight, the foot firm on the ground, and the body kept upright (Fig 4).

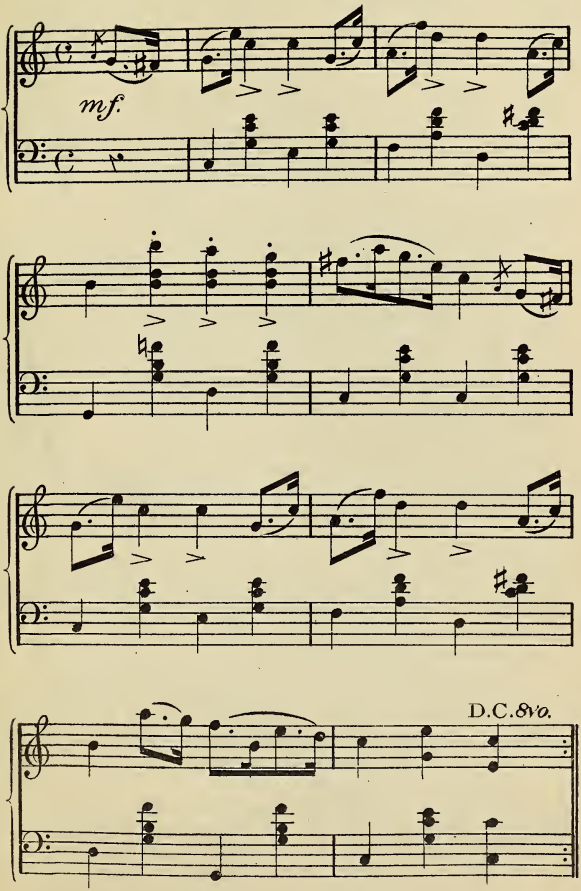
Recover — On the word "Recover," resume the position of the "engage" (Fig. 3).

5

Slope Swords — On the word "Swords," bring the sword to the slope, at the same time bringing the right foot back to the left (Fig. 2).

Front — On the word "Front," raise the toes and turn on both heels to the front, at the same time drop the left hand by the side (Fig. 5).

Stand at—Ease. As before.

Repeat 8 times, and, on the eighth time, slope swords and turn to the front.

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SWORD EXERCISE.

1st EXERCISE.

CAUTION—*First Practice—Cuts without the Lunge.*

Attention. As before.

Prepare for Sword Exercise } As before.

6

Engage { Come to the engaging guard, as before, in one motion.

Assault { On the word "Assault," give a beat with the right foot, and raise the sword smartly and place it on the right shoulder, the back of the sword resting on the shoulder, edge up, the hand as high as the forehead, preparing for cut one (Fig. 6).

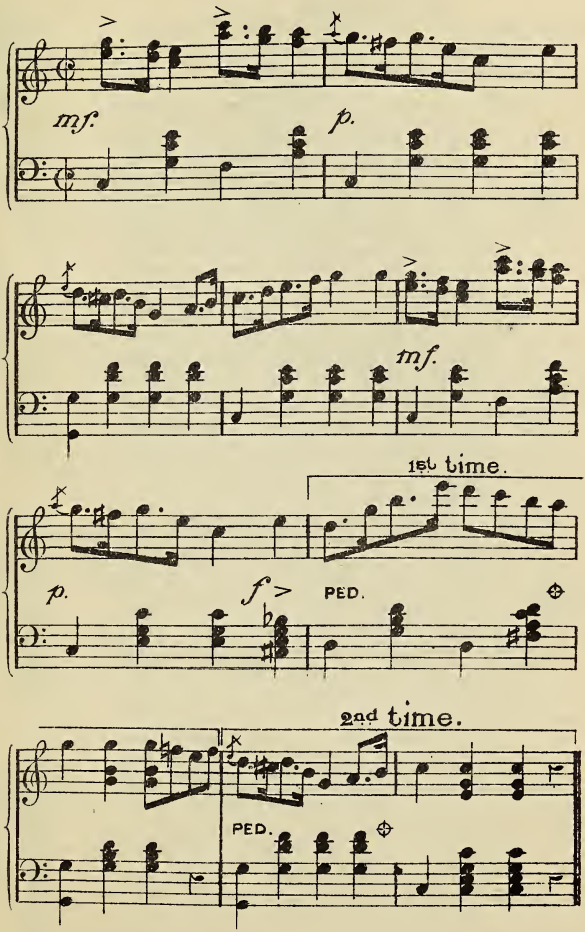
7

One { On the word "One," deliver the cut horizontally to the front, as high as the neck or left side of an opponent's face, taking care to turn the back of the hand down in making the cut, so that the edge may lead; do not check the cut, but let it pass on to the left shoulder, placing the flat of the sword on the shoulder, back of the hand up, the hand and elbow square with the shoulder, looking over the arm, laying for cut two (Fig. 7).

Two { On the word "Two," make the cut two horizontally at the right side of an opponent's neck or face, taking care to let the edge lead, pass the sword on to the right shoulder, and prepare for cut three, the same as for cut one (Fig. 6).

Three { On the word "Three," make the cut three horizontally through the body, as high as an opponent's left breast or side, turning the back of the hand down in making the cut, pass the sword on the left shoulder, and prepare for cut four; the position the same as for cut two (Fig. 7).

Four { On the word "Four," make the cut four horizontally through the body, as high as an opponent's right breast or side (Fig. 6), then come to the engage.

Pass the sword from shoulder to shoulder 13 times, giving a beat with the right foot after each pass, then come to the engage, slope swords and stand at ease.

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2nd EXERCISE.

CAUTION—*Second Practice—Guards without the Lunge.*

Attention. As before.

Prepare for Sword—Exercise. As before.

Engage. As before.

First—Guard: On the word "Guard," raise the sword a few inches above the head, the hand about 6 or 8 inches in front of the brow, the "forte" of the sword covering the head and left side of the neck and face, the point of the sword to be well down and to the left front, edge up, looking well under the guard (Fig. 8).

8

Second—Guard: On the word "Guard," raise the point of the sword above the hilt, and keep it well to the front, lower the right elbow close to the side, the fore arm and sword to form one continuous line from elbow to the point of the sword, the "forte" of the sword covering the right side of the neck and face, the hand as high as the shoulder (Fig. 9).

9

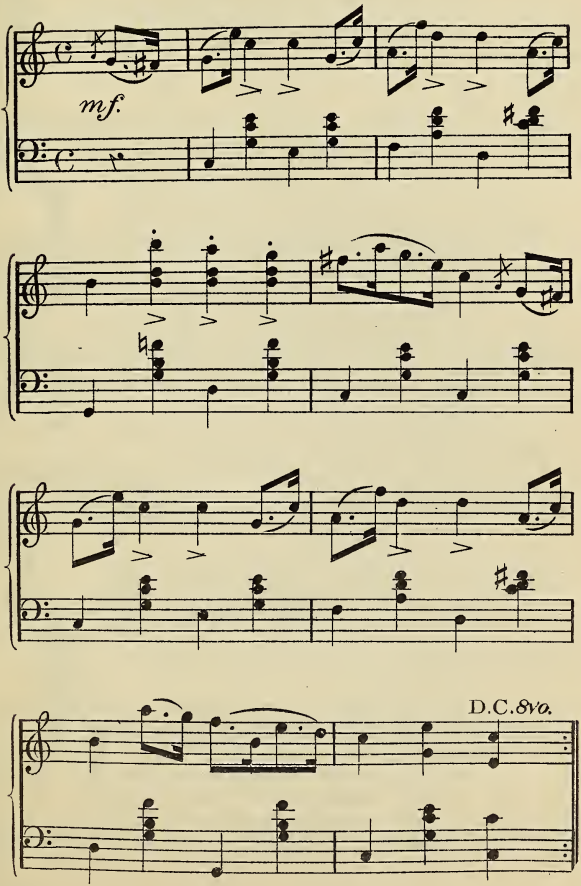
Third—Guard: On the word "Guard," carry the right hand across the body, turning the point of the sword down, and to the left front, the edge of the sword to the left front, the "forte" covering the left breast or side, the hand, elbow, and shoulder to be the same height, back of the hand to the left, looking over the arm (Fig. 10).

10

Fourth—Guard: On the word "Guard," carry the hand and sword smartly across the body to the right, drawing the elbow back and raising it, bringing the hand a little higher than the breast, wrist slightly bent, fore arm and sword nearly in line, the point kept well to to the front, the "forte" covering the right side or breast, edge to the right (Fig. 11).

11

N.B.—Give a beat with the right foot after showing each guard.

Repeat 14 times, ending at the third guard, then come

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SWORD EXERCISE.

3rd EXERCISE.

CAUTION.—*Third Practice—Cuts with the Lunge.*

Attention. As before.

Prepare for Sword—Exercise. As before.

Engage. As before.

Assault. As before.

One. On the word "One," make the cut as before, and, at the same time, lunge out to the front with the right foot about 20 inches, or according to the length of the limb (Fig. 12),

Prepare. On the word "Prepare" (remain on the lunge until the word prepare is given), spring smartly back to the engage; at the same time place the sword on the left shoulder, preparing for cut two as before (Fig. 13).

Two. On the word "Two," make the cut two, and lunge as before (Fig. 14).

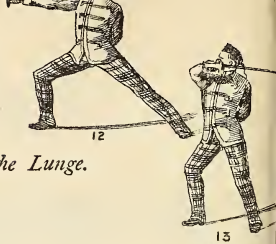
Prepare. On the word "Prepare," recover and prepare for cut three on the right shoulder (Fig. 15).

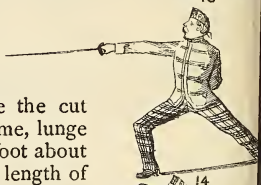
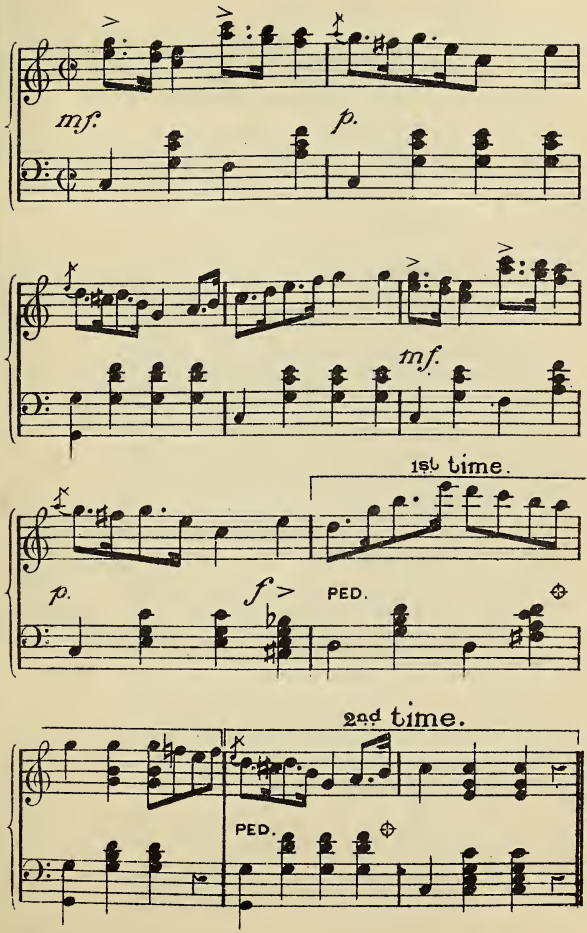
Three. On the word "Three," make the cut three, and lunge, checking the cut in line with the body (Fig. 16).

Prepare. On the word "Prepare," recover and prepare for cut four on the left shoulder (Fig. 17).

Four. On the word "Four," make the cut four, and lunge, checking the cut as before (Fig. 18).

Repeat 14 times, ending at the position—prepare for cut three—then come to the engage, slope swords, and turn to the front.





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SWORD EXERCISE.

4th EXERCISE.

CAUTION—*Fourth Practice—Cuts and Guards with the Lunge.*

Attention. As before.

Prepare for Sword—Exercise } As before.

Engage. As before.

One { On the word "One," raise the point of the sword over to the right front from the engaging guard, and make the cut one, lunging as before, and checking the cut as in the preceding exercise (Fig. 12).

Guard { On the word "Guard," recover and form the first guard. Position of the feet the same as the engaging guard (Fig. 19).

Two { On the word "Two," make the cut two, and lunge (Fig. 14).

Guard { On the word "Guard," recover and form the second guard (Fig. 20).

Three { On the word "Three," make the cut three, and lunge (Fig. 21).

Guard { On the word "Guard," recover and form the third guard (Fig. 22).

Four { On the word "Four," make the cut four, and lunge (Fig. 23).

Guard { On the word "Guard," recover and form the fourth guard (Fig. 24).

Repeat 15 times, ending at the third guard, then slope swords and turn to the front.

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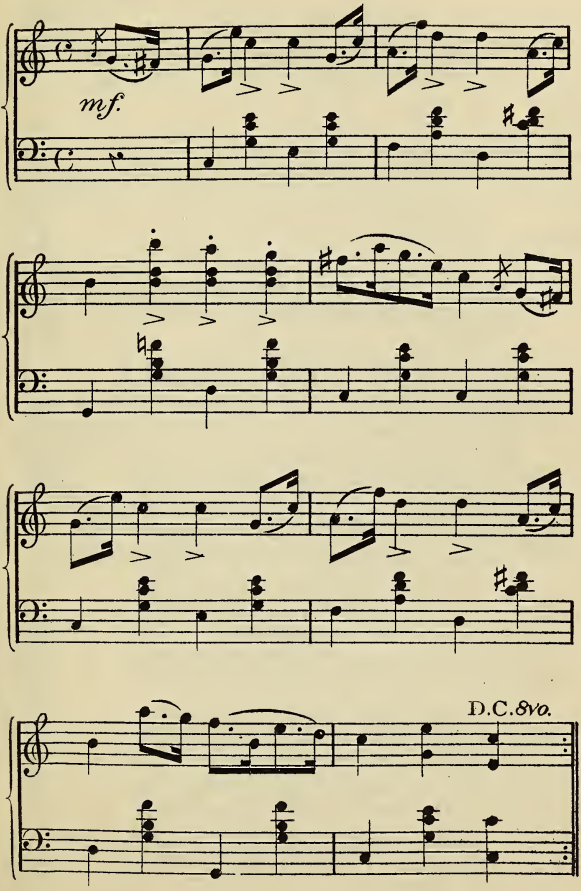
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5th EXERCISE.

CAUTION—*Fifth Practice—Cuts, Guards, and Points with the Lunge.*

Attention. As before.

Prepare for Sword—Exercise } As before.

Engage. As before.

Assault. As before.

One { On the word "One," make the cut with lunge (Fig. 12). Recover, and form the first guard, as in preceding exercise (Fig. 19).

Point { On the word "Point," deliver the point, with the back of the hand up, with a lunge (Fig. 25). Recover and lay for cut two.

Two { On the word "Two," make cut two with lunge (Fig. 14). Recover and form the second guard (Fig. 20).

Point { On the word "Point," point as before. Recover and lay for cut three.

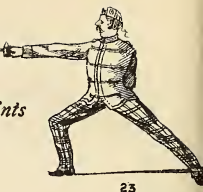
Three { On the word "Three," make the cut three with lunge (Fig. 21). Recover and form third guard (Fig. 26).

Point { On the word "Point," point as before. Recover and lay for cut four.

Four { On the word "Four," make the cut four with lunge (Fig. 23). Recover and form the fourth guard (Fig. 27).

Point { On the word "Point," point as before. Recover and come to the assault.

Repeat twice, and, from the last point, slope swords, and turn to the front.



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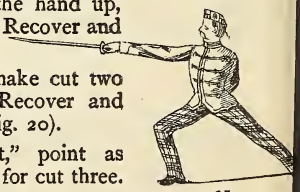

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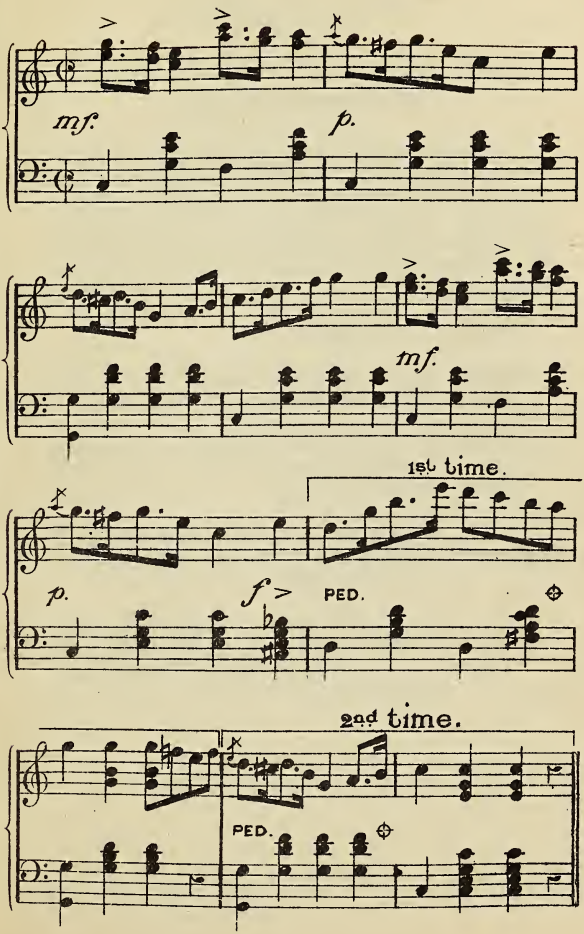
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SWORD EXERCISE.

5th EXERCISE—Continued.

After the squad becomes efficient in executing the above exercise by numbers, they should be taught to do it *in drill time, e.g.*, on receiving the following command, "*Review Exercise in drill time—engage,*" and, without further command, go through the whole of the above exercise to music, and at the conclusion stand at ease.

Attention. As before.

Reform—Ranks On the word "Ranks," the rear rank will take three paces to the front.

On the right close—March On the word "March," all the pupils with the exception of the right files will close to the right.

Right—turn On the word "Turn," the whole will turn to the right, and while doing so, bring the sword to the recover.

Dismiss On the word "Dismiss," the front rank will take one pace to the left, and the rear rank one pace to the right, and, while doing so, bring the sword to the slope.

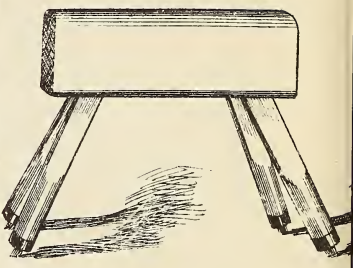
SECOND DIVISION.

In the First Division of the Manual the Exercises given are all of a character suitable for being imparted to a large number of pupils together with the same word of command. They require little, if any, apparatus, and may be taught in any building or hall having the requisite amount of clear space.

On the other hand, the Exercises in the Second Division require not only special pieces of apparatus, such as are to be found in ordinary Gymnasia, but they are also of such a character that they can only be taught to one pupil at a time. Such being the case, one teacher should not have more than from twelve to eighteen pupils under his or her charge at the same time. The teacher must remember too, that, in order to prevent the slightest chance of injury, a careful watch must be kept over the pupils, and the teacher must be ready at any moment to render assistance to a learner who may be unable to perform the exercise given. While guarding against monotony, the teachers must impress on their pupils the necessity of executing every exercise in as finished a manner as possible. In performing nearly all the exercises in this Division, the pupil will have to support more or less the whole weight of the body with the upper limbs, which, although it renders the exercises rather more difficult, has the advantage of tending to develope the various regions of the body to a far greater extent than can be expected from the practice of the exercises in the First Division.

The pupils should fall in in two ranks, facing the machine or apparatus to be used, and at "Stand at Ease." They ought then to be brought to attention, and numbered from right to left. The teacher will then "set" *(i.e., do or describe)* the exercise selected for performance, and the pupils, beginning with number one of the front and rear rank, will come forward, do the exercise, and return to their respective places. While the exercise is being done, the teacher may give the word "Stand at Ease" to the pupils, always remembering to bring them to attention before setting a new exercise.

THE VAULTING HORSE.



The Exercises on this machine are probably the most popular in the Gymnasium. They are at the same time of a most valuable order, affording, as they do, a wide range of exercise for both the upper and lower limbs, as well as for the trunk. As the exercises demand rapid movement without much laborious exertion, the "Horse" is a useful machine with which to begin the lesson. The exercises, too, when well done, are very graceful, and develope to a very great extent habits of precision and exactness of movement in the pupil.

The teacher should execute every movement, and do so in such a way as to enable the pupil to readily understand what is required. If the pupil is timorous and nervous, the teacher must encourage him or her, and lose no opportunity of securing his or her full confidence and reliance. For this purpose the position of the teacher must be close to the machine, watching closely the movements of the pupil, remembering always that nothing will destroy the confidence of the pupils so readily as allowing them to slip through the hands.

The Vaulting Horse consists of a block of wood from 5 feet to 5 feet 6 inches in length, and 12 inches in width. The top should be rounded in every direction, so as to give a suitable seat for the body, and surface for the hands. It should also be properly padded and covered with strong leather. It should have moveable legs permitting of its being elevated from 3 feet to 5 feet 6 inches from the ground.

FIRST SERIES.

POSITION OF ATTENTION—CLOSE BESIDE THE HORSE.

EXERCISE No. 1.

To Vault on the Horse in Two Movements.

Ready. On the word "Ready," place the hands on the horse, the width of the shoulders apart (Fig. 1).

One. On the word "One," bend the legs and spring from the ground, rising to the full extent of the arms, the head erect, the column of the body upright, the legs straight and together, the feet together, with the toes pointed to the ground (Fig. 2).

Two. On the word "Two," throw the right leg over the horse, the column of the body turning with it; at the same time advance the right hand in a line with the left, and slowly lower the body on the horse (Fig. 3).

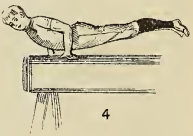
Three. On the word "Three," incline the head and body to the front, placing the hands on the horse, at the same time carrying the legs to the rear (Fig. 4), press from the hands and descend yielding, facing the horse (Fig. 5).

This Exercise to be repeated by the left.

1

2

3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EXERCISE No. 2.

To Vault on the Horse in One Movement.

Ready. As before.

One. On the word "One," bend the legs and spring from the ground, rising to the full extent of the arms; at the same time carry the right leg over the horse, and come to the position of Fig. 3.

Two. On the word "Two," descend as in the previous exercise.

This Exercise to be repeated by the left.

5

EXERCISE No. 3.

To Sit on the Horse in Two Movements.

Ready. As in first exercise.

One. As in first exercise.

Two { On the word "Two," turn the head and body smartly to the left, and sit on the horse (Fig. 6).

Three { On the word "Three," incline the body backwards, placing the hands on the horse behind the body, elevate the lower limbs till they clear the back of the horse (Fig. 7), press from the hands and descend yielding, facing the horse.

This Exercise to be repeated by the left.

6

EXERCISE No. 4.

To Sit on the Horse in One Movement.

Ready. As before.

One { On the word "One," bend the legs and spring from the ground, rising to the full extent of the arms; at the same time turn the head and body smartly to the left and come to the position of Fig. 6.

Two { On the word "Two," descend as in the previous exercise.

This Exercise to be repeated by the left.

7

8

EXERCISE No. 5.

To Vault on the Horse, resting on the knees.

Ready. As before.

One { On the word "One," bend the legs and spring from the ground, press strongly with the hands, incline the head and shoulders to the front, and bring the knees straight up between the hands, resting on the horse (Fig. 8).

Two { On the word "Two," throw the hands smartly to the front above the head; at the same time spring from the lower limbs upward and forward (Fig. 9), and descend yielding (Fig. 10).

EXERCISE No. 6.

To Vault on the Horse, resting on the feet.

Ready. As before.

One { On the word "One," bend the legs and spring from the ground, press strongly with the hands, and bring the knees between the arms until they are as high as the breast, the feet instead of the knees to rest on the horse; at the same time straighten the legs and come to the position of "Attention" (Fig. 11).

Two { On the word "Two," throw the hands forward and upwards, spring to the front and descend yielding (Fig. 12).

EXERCISE No. 7.

To Vault over the Horse between the hands.

Ready. As before.

One { On the word "One," proceed as in previous exercise, except that the feet instead of resting on the horse should be carried through between the hands (Figs. 13, 14, and 15); press from the hands, and descend yielding.

EXERCISE No. 8.

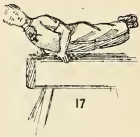
To Vault over the Horse in Two Movements.

Ready { As before, except that the left hand should be reversed.

One { On the word "One," bend the legs and spring from the ground, rising to the full extent of the arms, the head erect, the column of the body upright, the legs straight and together, the feet together (Fig. 16).

16

Two { On the word "Two," incline the head and shoulders forward, and raise both limbs to the right and pass them over the horse; at the same time turn the head to the left and advance the right hand in a line with the left (Fig. 17), press from both hands, and descend yielding, facing the horse.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This Exercise to be repeated by the left.

EXERCISE. No 9.

To Vault over the Horse in One Movement.

Ready. As in previous exercise.

One { On the word "One," proceed as in previous exercise, except that the legs should ascend and clear the back of the horse in one continuous movement.

18

This Exercise to be repeated by the left.

EXERCISE No. 10.

To Vault on the Horse with one hand.

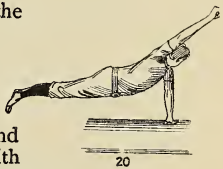
Ready { On the word "Ready," raise the left hand and place it on the horse, and extend the right arm to the rear (Fig. 18).

One { On the word "One," bend the legs and spring from the ground, raise the right leg and pass it over the horse, at the same time throwing the right arm above the head, the hand closed, and sit on the horse (Fig. 19).

19

Two. On the word "Two," incline the head and shoulders to the front, press strongly from the left hand, and descend yielding.

This Exercise to be repeated with the right hand.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EXERCISE No. 11.

To Vault over the Horse with one hand.

Ready. As in preceding exercise.

One. On the word "One," bend the legs and spring from the ground, press strongly with the left hand, at the same time throw the right hand above the head, and, keeping the legs straight, pass them over the horse (Fig. 20), and descend yielding, facing the horse.

This Exercise to be repeated with the right hand.

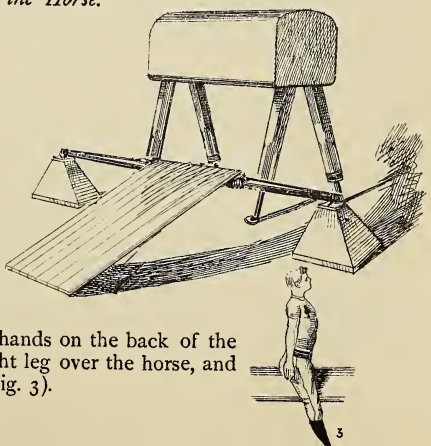
SECOND SERIES.

ITION OF ATTENTION—30 FEET OR THEREBY FROM THE HORSE.

EXERCISE No. 1.

To Vault on the Horse.

eady. On the word "Ready," begin the run slowly, quickening on the advance, keeping the eyes fixed on the horse; when within 2 or 3 feet of the horse spring from both feet, alighting on the toes on the spring-board, place the hands on the back of the horse, pass the right leg over the horse, and sit on the horse (Fig. 3).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Off — On the word "Off," incline the head and shoulders to the front, elevate the lower limbs to the rear straight above the horse (Fig. 17); slowly let the lower limbs, with the body in position, fall to the right over the arm until the feet come to the ground, the horse on the right

17

This Exercise to be repeated by the left.

EXERCISE No. 2.

To Vault on the Horse, resting on the knees.

Ready — On the word "Ready," act as in previous exercise, but spring straight to the front, and placing both hands on the horse, bring both legs, with the knees closely bent up, between the arms, and rest the knees on the horse (Fig. 8).

8

Off — On the word "Off," throw the hands smartly to the front above the head, at the same time spring from the lower limbs upwards and forward (Fig. 9), and descend yielding (Fig. 10).

9

EXERCISE No. 3.

To Vault on the Horse, resting on the feet.

Ready — On the word "Ready," act as in the previous exercise, but place the feet instead of the knees on the horse (Fig 11)

10

Off — On the word "Off," throw the hands forward and upwards, spring to the front and descend yielding (Fig. 10).

11

EXERCISE No. 4.

To Vault over the Horse between the hands.

ady { On the word "Ready," act as in the preceding exercise, except that the legs are still more closely bent up, and the feet, instead of resting on the horse, are carried through between the hands (Figs. 13, 14, and 15); as the feet clear the horse, press from the hands and descend yielding.

13

14

15

EXERCISE No. 5.

To Vault over the Horse.

ady { On the word "Ready," act as in Exercise No. 1 of this series, and, as the spring is made, pass the lower limbs in position over the horse to the right, at the same time placing the right hand opposite the left, and turning the head to the left (Fig. 17); press from both hands and descend yielding, facing the horse.

This Exercise to be repeated by the left.

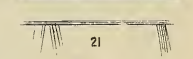
17

EXERCISE No. 6.

To Vault over the Horse with one hand.

ady { On the word "Ready," proceed as in previous exercise to the spring; place the left hand on the back of the horse, throw the right arm above the head, and, keeping the legs straight, pass them over the horse (Fig 21). When clearing the horse, lean forward, and, pressing strongly with the left hand, descend yielding (Fig. 22), the horse on the left.

This Exercise to be repeated with the right hand.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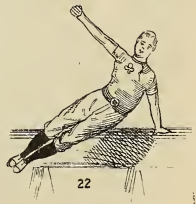
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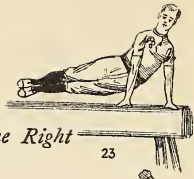
EXERCISE No. 7.

To Vault over the Horse, both Feet outside the Right Hand.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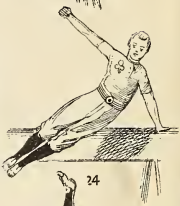
Ready — On the word "Ready," act as in the preceding exercise to the spring; then place the hands on the horse, at the same time raising the lower limbs, knees straight, and pass them over the horse (Fig. 23), and, as they clear the horse, raise the right arm and descend yielding (Fig. 24).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This Exercise to be repeated by the left.

EXERCISE No. 8.

To Vault over the Horse by the back lift.

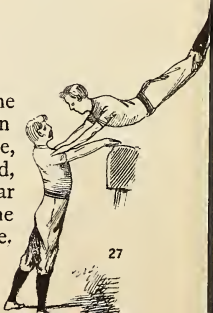
25

Ready — On the word "Ready," act as in the previous exercise to the spring; place the hands on the horse, lower the head and shoulders till the latter are as low as the hands; at the same time raise the lower limbs and body by the rear, until they rise perpendicularly over the hands, the legs together (Fig. 25); continue the sweep of the lower limbs, letting the feet fall to the front, bending the back inwards (Fig. 26), and descend yielding.

26

EXERCISE No. 9.

To Fly over the Horse.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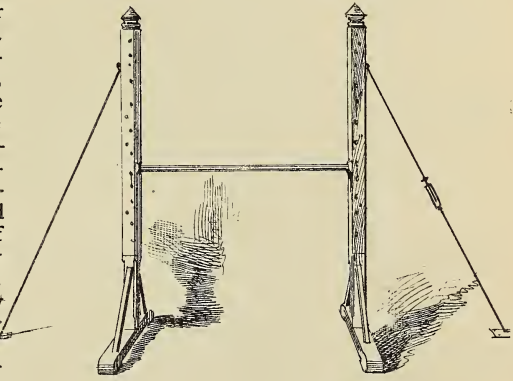
Ready — On the word "Ready," act as in the preceding exercise to the spring; but, in stead of placing the hands on the horse, keep the arms straight, the back hollowed, and the lower limbs in position, and clear the horse and alight on the shoulders of the teacher (Fig. 27). After a slight pause, descend yielding.

THE VAULTING BAR.



The exercises on Vaulting Bar, if cuted in proper n, not only afford a lthy and invigorat- mode of exertion, also prepare the il for many of the st graceful move- nts on the Hori- tal Bar. The dia- ter of the bar should such as to admit of being grasped by hand of the pupil, it should allow being elevated or ered according to proficiency or ght of the learner. e hands grasp the the lower limbs ply the spring, and the arms carry the body over the tacle.

In the first three exercises the body should be carried r the bar in a horizontal line, the head thrown back, the k hollow, and the feet together (Fig. 1). In the last two rcises, the lower limbs are lifted by the muscles of the s vertically above the hands and thrown to the front. cial attention to the movements of the pupil is necessary the part of the teacher, and the necessity of retaining lower limbs in the proper attitude, and the feet together, not be too frequently impressed on the pupil.

The teacher should stand on the opposite side he bar from the pupil, holding the nearest wrist with hand, while the other is free to aid the pupil as may required.

1st EXERCISE.

To Vault the Bar in Three Movements to the right.

Ready. On the word "Ready," the pupil will place himself or herself in front of and facing the bar (Fig. 2).

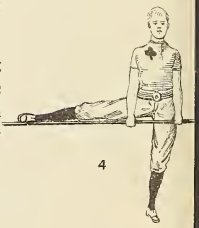
2

Vault. On the word "Vault," raise the hands, seize the bar, the fingers and thumbs meeting, the hands the width of the shoulders apart; at the same time spring from the ground, rising to the full extent of the arms, the head erect, the body upright, the legs together and straight, and the toes pointing to the ground (Fig. 3).

3

Two. On the word "Two," raise the right foot and place it on the bar, the hollow of the foot resting on the bar, the left leg straight (Fig. 4).

Three. On the word "Three," raise the left foot and bring it up to the right, press from the hands and the right foot, clear the bar, turn the head to the left, quit the grasp of the hands, and descend yielding (Fig. 5).


4

This Exercise to be repeated to the left.

2nd EXERCISE.

To Vault the Bar in Two Movements to the right.

Ready. As in first exercise (Fig. 2).

Vault. As in first exercise (Fig. 3).

5

Two. On the word "Two," throw both feet with the legs in position to the right, clear the bar, turn the head to the left, quit the grasp of the hands, and descend yielding (Fig. 6).

6

This Exercise to be repeated to the left.

3rd EXERCISE.

To Vault the Bar in One Movement to the right.

Ready. As in first exercise (Fig. 2).

Vault. On the word "Vault," raise both hands and seize the bar, at the same time spring from the ground, rising to the full extent of the arms, throw both feet with the lower limbs in position to the right, turn the head and eyes to the left, clear the bar (Fig. 7), and descend yielding.

This Exercise to be repeated to the left.

2

7

4th EXERCISE.

To Vault the Bar by the Back Lift.

Ready. As in first exercise.

Vault. As in first exercise.

Two. On the word "Two," keeping a firm hold with the hands, press the elbows close to the sides, incline the head and shoulders to the front, and, at the same time, elevate the lower limbs, hips, and loins, until they rise straight above the bar over the grasp of the hands (Fig. 8), turn the body to the left, and descend yielding, facing the bar (Fig. 9).

8

9

5th EXERCISE.

To Vault the Bar by the Hand Spring.

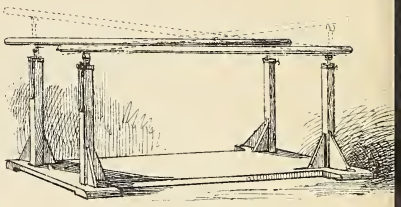
Ready. As in first exercise.

Vault. As in first exercise.

Two. On the word "Two," keeping a firm hold with the hands, press the elbows close to the sides, incline the head and shoulders to the front, and, at the same time, elevate the lower limbs, hips, and loins, until they rise straight above the bar over the grasp of the hands (Fig. 8), press strongly from both hands, throw the feet to the front and descend yielding, back of the body to the bar (Fig. 10).

10

THE PARALLEL BARS.



This piece of apparatus consists of two wooden bars, from 7 to 8 feet long, fixed parallel to each other on wooden uprights, at a height of from 3 feet 6 inches to 4 feet 6 inches from the floor, and from 15 to 20 inches apart inside. The bars should be made of ash, and rounded so as to afford a firm grasp for the hands. Great care should be taken to see that the bars are firmly fixed on the uprights. We strongly recommend the bars made by Mr. Geo. Spencer, London, which, by a simple arrangement, may be raised or lowered as the pupil desires.

The exercises that may be done on the Parallel Bars are not only numerous, but may be varied to such a degree as to suit the wants of the tyro as well as the most advanced pupil.

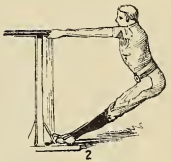
The exercises principally affect the trunk and upper limbs of the body, and, if carefully taught, will develop and strengthen the chest of the pupil more than those on any other piece of apparatus in the Gymnasium. Too much attention cannot be given by the teacher to seeing that the pupil while engaged in the exercises preserves where required a perfectly upright position of body, an erect head, an advanced chest, and that the lower limbs are kept straight and together.

PRELIMINARY EXERCISE.

Ready, On the word "Ready," the pupil will place himself or herself at the entrance to the bars, with the hands grasping the bars (Fig. 1).

1

One, On the word "One," let the body fall slowly back to the full extent of the arms, the knees to be kept perfectly straight (Fig. 2).


2

Two, On the word "Two," bring the body slowly upwards and forward, chest advanced and head well back, and, with the knees kept straight, swing slowly forward to the full extent of the arms (Fig. 3).

3

Repeat as often as told.

FIRST SERIES—MARCHING.

EXERCISE No. 1.

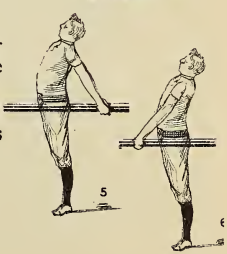
To Walk along the Bars.

Ready, On the word "Ready," the pupil will place himself or herself at the entrance, with the hands on the bars (Fig. 4).

4

One, On the word "One," keeping the lower limbs straight and the head erect, carry the feet 12 or 14 inches to the front (Fig. 5).

Two, On the word "Two," advance the hands 12 or 14 inches to the front (Fig. 6).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Repeat to end of bars.

EXERCISE No. 2.

To Walk along the Bar backwards.

Ready { As in previous exereise, but with back towards the entrance.

One. As in previous exercise.

Two. As in previous exercise.

Repeat to end of bars.

1

EXERCISE No. 3.

The Single March forward.

Ready { On the word "Ready," the pupil will place himself or herself at the entrance to the bars, with the hands on the bars, the thumbs inside, the fingers outside, extended together, and pointed downwards (Fig. 1).

7

Up { On the word "Up," press from the hands until the arms are completely extended, the head upright, the eyes directed to the front, the chest advanced, the shoulders square to the front, the column of the body upright and firm the lower limbs straight and together, the feet together and pointed to the ground (Fig. 7).

March { On the word "March," rest on the left hand, advance the right 6 inches beyond it along the bar, advance the left 6 inches beyond the right, and so on alternately till the pupil reaches the end of the bars.

EXERCISE No. 4.

The Double March Forward.

Ready. As in previous exercise.

Up. As in previous exercise, except that the lower limbs are bent at the knee, and well drawn up under the body (Fig. 8).

March. On the word "March," spring forward with both hands, about 6 inches each time, as in previous exercise.

8

EXERCISE No. 5.

The Single March Backward.

Ready. As in previous exercise, but with the back to the bars (Fig. 9).

Up. As in previous exercise.

March. On the word "March," advance the right hand, the left following on the left, as in third exercise.

9

EXERCISE No. 6.

The Double March Backward.

Ready. As in preceding exercise.

Up. As in fourth exercise.

March. On the word "March," spring backwards with both hands, about 6 inches each time, as in third exercise.

In this series the pupils should follow each other rapidly.

SECOND SERIES—SWINGING.

EXERCISE No. 1.

To Clear the Bar by the Front.

Ready. On the word "Ready," assume a position at the centre of the bars, and raise the hands and place them on the bars opposite each other, the thumbs inside, the fingers outside, extended together, and pointed downwards (Fig. 4). At the same time press from the hands until the arms are completely extended, the feet together, the legs together, the trunk of the body upright, the chest advanced, the shoulders square to the front, the eyes directed to the front (Fig. 7).

10

Up. On the word "Up," elevate the lower limbs in position, the toes pointed to the front until they rise above the level of the bars, and pass them over the right bar (Fig. 10); when clear of the bar, relax the extension of the limbs, press strongly from the left hand, spring to the ground, and descend yielding.

11

This Exercise to be repeated on the left.

EXERCISE No. 2.

To Clear the Bar by the Rear.

Ready. As in preceding exercise.

Up. On the word "Up," elevate the lower limbs to the front (Fig. 11), then swing them to the rear, at the same time incline the head and shoulders to the front, bending the arms; elevate the lower limbs, the toes pointed to the rear, until they rise above the level of the bars, and pass them over the right bar (Fig. 12). (At this point the lower limbs, trunk, and head are in the horizontal line of the bars). Press strongly from the left hand, spring to the ground, and descend yielding.

12

This Exercise to be repeated on the left.

EXERCISE No. 3.

To Rest on the Right Bar and Clear the Left in Front.

Ready. As in first exercise.

Up { On the word "Up," elevate the lower limbs in position to the front to the level of the bars; relax the extension and let them rest on the right bar, knees straight (Fig. 13).

13

Two { On the word "Two," press strongly with the hands, elevate the lower limbs in position above the bar, carry them across both bars to the left front, and descend yielding.

This Exercise to be repeated on the left bar.

EXERCISE No. 4.

To Rest on the Right Bar in Rear, and Clear the Left by the Rear.

Ready. As in first exercise.

14

Up { On the word "Up," proceed as in second exercise to the elevation above the bars, then swing the lower limbs to the rear; at this point relax the extension and rest on the right bar, the knees stiff, the lower portion of the limbs pendant (Fig. 14).

15

Two { On the word "Two," incline the head and shoulders to the front, bend the arms until the shoulders are as low as the bars, the head between them, and, at the same time, elevate the lower limbs in position (Fig. 15), carry them across both bars to the left rear, and descend yielding.

This Exercise to be repeated on the left bar.

EXERCISE No. 5.

To Rest on the Right Bar in Front and Clear it by the Rear.

Ready. As in first exercise.

Up { On the word "Up," proceed as in third exercise to the elevation from the rest on the bar, but as the feet pass in their sweep to the rear, bring the column of the body with the lower limbs to the horizontal line of the bars, clear the right bar, and descend yielding.

This Exercise to be repeated on the left bar.

EXERCISE No. 6.

To Rest on the Right Bar in the Rear and Clear it in Front.

14

Ready. As in first exercise.

Up { On the word "Up," proceed as in second exercise to the elevation above the bars, then swing the legs to the rear, relax the extension and come to the rest on the bar (Fig. 14).

Two { Incline the head and shoulders to the front, re-elevate the lower limbs in position, clear the bar, and let them sweep to the front and clear the bar on the right, and descend yielding.

This Exercise to be repeated on the left bar.

The same Exercise to be also repeated with the following variations :—

(1). In the sweep from the rear to the front, from the rest on the right bar clear the left in front : and

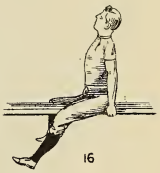
(2). From the rest on the left bar clear the right in front.

EXERCISE No. 7.

To Rest on both Bars in Front and Clear the Right in the Rear.

Ready. As in first exercise.

Up { On the word "Up," proceed as in first exercise to the elevation above the bars; at this point separate the lower limbs and let them fall to the rest on the bars (Fig. 16), re-elevate them above the bars, coming to the position at the elevation, let them swing to the rear and clear the right bar, and descend yielding.


16

This Exercise to be repeated on the left bar.

EXERCISE No. 8.

To Rest on both Bars in the Rear and Clear the Right Bar in Front.

Ready. As in first exercise.

Up { On the word "Up," proceed as in second exercise to the elevation above the level of the bars in front, then swing to the rear, separate the lower limbs, and let them fall to the rest on the bars (Fig. 17).

17

Two { On the word "Two," incline the head and shoulders to the front, re-elevate the lower limbs, and as they swing to the front in position, let them clear the right bar, and descend yielding.

This Exercise to be repeated on the left bar.

EXERCISE No. 9.

To Pass by the Rear by the Single Swing.

Ready. As in first exercise.

Up. On the word "Up," elevate the lower limbs to the front until the feet are as high as the face; from this, let them fall in a full sweep, and passing between the bars, rise to the rear until they are immediately above the head; during the latter part of this oscillation, let the arms slowly bend until the shoulders are as low as the bars, the head between them (Fig. 18); slowly let the lower limbs with the entire column of the body in position, incline and gradually descend to the right (Fig. 19), until the feet come to the ground.

18

This Exercise to be repeated on the left.

EXERCISE No. 10.

To Pass by the Front by the Double Swing.

Ready. As in first exercise.

Up. On the word "Up," proceed as in previous exercise to the elevation in front. Let the limbs fall in position, and, passing between the bars, ascend to the rear, until they are above the head, the arms straight, the column of the body and the lower limbs slightly curved throughout their length (Fig. 18); from this point return on the second oscillation, and clear the right bar in front, and descend yielding.

19

This Exercise to be repeated on the left bar.

EXERCISE No. 11.

To Rest in Front and Clear the Bar in the Rear by the Single Swing.

Ready. As in first exercise.

Up. On the word "Up," proceed as in first exercise to the elevation above the bars. Pass the lower limbs over the right bar, relax the extension, and let lower part of the limbs rest on the bar, the knees bent, the lower part of the limbs pendant.

19

Two. On the word "Two," elevate the lower limbs in position above the bar, and, as in the ninth exercise, complete the rearward oscillation, descending to the ground over the right bar (Fig. 19).

This Exercise to be repeated on the left bar.

EXERCISE No. 12.

To Rest on both Bars in Front, and Clear the Single Bar in Front with the Double Swing.

Ready. As in first exercise.

Up. On the word "Up," proceed as in previous exercise to the elevation above the bars; separate the lower limbs, and come to the rest, one on each bar, the column of the body and the lower limbs in the position of Fig. 16; from this point elevate the lower limbs in position above the bars, swing to the rear, return on the second oscillation, and clear the right bar in front, and descend yielding.

16

This Exercise to be repeated on the left bar.

EXERCISE No. 13.

To Rest on both Bars in front, and Clear the Single Bar in the Rear with the Single Swing.

Ready. As in first exercise.

Up { On the word "Up," proceed as in previous exercise to the rest on the bars (Fig. 16). Press strongly with the hands, re-elevate the lower limbs above the bars, and, as they sweep to the rear, incline the head and shoulders to the front, bending the arms (Fig. 18); clear the right bar, and descend yielding.

16

This exercise to be repeated clearing the left bar.

18

EXERCISE No. 14.

To Rest on both Bars in Front, and Clear the Single Bar with the Double Swing.

Ready. As in first exercise.

Up { On the word "Up," proceed as in previous exercise to the elevation of the lower limbs after the rest, execute the double oscillation, clear the right bar, and descend yielding.

THIRD SERIES—COMBINATIONS.

EXERCISE No. 1.

The Single March Forward and Rest on the Single Bar.

26

Ready. As in third exercise, first series (Fig. 1).

Up. As in third exercise, first series (Fig. 7).

March. On the word "March," elevate the lower limbs in position, and bring them to the rest on the right bar; incline the head and trunk to the front, re-grasp the bars in advance of the thighs, with hollow back (Fig. 26), re-elevate the lower limbs, clear the bar, let them sweep to the front, and again come to the rest on the right bar.

On the last step, clear the bar on the right, and descend yielding.

This Exercise to be repeated on the left bar, and on the right and left alternately.

EXERCISE No. 2.

The Double March Forwards and Rest on both Bars.

20

Ready. As in previous exercise.

Up. As in previous exercise.

March. On the word "March," elevate the lower limbs above the bars, separate them, and let them fall to the rest on the bars, incline the head and trunk to the front, regrasp the bars in advance of the thighs, with hollow back (Fig. 20), re-elevate the lower limbs, let them sweep to the front and again come to the rest on both bars. On the last sweep, clear the right bar, and descend yielding.

EXERCISE No. 3.

The Single March Backwards and Rest on the Single Bar.

Ready. As in previous exercise, but with the back to the bars (Fig. 9).

Up. As in previous exercise.

March. On the word "March," elevate the lower limbs in position to the front to the level of the bars, then swing them to the rear and come to the rest on the bar (Fig. 14), pass both hands behind the thighs and regrasp the bars (Fig. 21), re-elevate the lower limbs, and as they pass to the rear incline the head and trunk to the front, and come to the rest on the bars. On the last step, clear the right bar, and descend yielding.

9

14

21

EXERCISE No. 4.

The Double March Backwards and Rest on the Double Bars.

Ready. As in previous exercise.

Up. As in previous exercise.

March. On the word "March," proceed as in previous exercise to the rest on the bars, separating the lower limbs (Fig. 22), pass both hands behind the thighs and regrasp the bars, re-elevate the lower limbs, and as they pass to the rear incline the head and trunk to the front, the arms bent until the shoulders touch the bars, the head between them, the lower limbs together and straight, rising in a perpendicular line above the head, and the toes pointed upwards (Fig. 23); slowly separate them, relax the extension, and come to the rest on the bars. On the last step, clear the bar, and descend yielding.

22

23

EXERCISE No. 5.

The Single March Forward with Bent Arms.

Ready. As in first exercise, third series (Fig. 1).

Up. As in third exercise, first series (Fig. 7).

Two { On the word "Two," elevate the lower limbs in position until the feet are as high as the face (Fig. 24); from this let them fall in a full sweep, and, passing between the bars, rise to the rear until they are above the head (Fig. 25); during the latter half of this oscillation, let the arms slowly bend until the shoulders are as low as the bars, the head between them

March { On the word "March," rest on the left hand, advance the right 6 inches beyond it along the bar, advance the left 6 inches beyond the right, and so on alternately till the pupil reaches the end of the bar, then let the lower limbs, with the body in position, slowly descend to the right over the right arm (Fig. 26), till the feet come to the ground, the bar on the left.

24

25

26

27

EXERCISE No. 6.

The Single March Forward with Straight Arms and Hand Spring.

Ready. As in first exercise, third series.

Up. As in third exercise, first series (Fig. 7).

Two { On the word "Two," elevate the lower limbs in position until the feet are as high as the face (Fig. 27); from this let them fall in a full sweep, and, passing between the bars, rise to the rear, until they are above the head (Fig. 28).

28

March On the word "March," rest on the left hand, advance the right 6 inches beyond it along the bar, advance the left 6 inches beyond the right, and so on alternately till the pupil reaches the end of the bar.

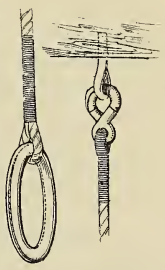
25

Two On the word "Two," bend the arms and come to the position of Fig. 25.

Three On the word "Three," let the lower limbs fall over to the front, bending the back inwards (Fig. 29), press from the hands and descend yielding.

29

THE PAIR OF RINGS.



Like those on the Parallel Bars, the exercises on the Pair of Rings principally address themselves to testing and developing the chest and the arms. For invalids suffering from lateral curvature of the spine, no piece of apparatus in the Gymnasium can be more successfully used in counteracting and removing this now so prevalent form of weakness, but, in proportion to the advantage to be derived, the greater is the need of a teacher of more than average intelligence to study the individual peculiarities of the invalid—and, having done so, to *set* the exercises most suitable for the patient. The exercises begin with the most simple movements, and, as the strength of the pupil increases, they may take the form of more difficult and extended combinations.

The Pair of Rings are made of iron—the Ring itself about three-fourths of an inch in thickness, and from 5 to 9 inches in diameter. The Rings should be covered with leather, and the ropes neatly spliced round them. They should be suspended by ropes at a height of from 5 to 6 feet from the ground and 18 inches apart.

In every exercise on this machine, the teacher, whenever it is possible, should grasp the right wrist of the pupil with the right hand, and in cases where the lower limbs have to pass through between the Rings, the teacher should, with the left, regulate them in their descent. While the body is turning with the feet in the Rings, the teacher should pass the left arm under the waist of the pupil, so as to check the extent of the descent, always retaining the grasp of the wrist with the right. In Exercise No. 6, the teacher should grasp the right wrist of the pupil, and gradually gradually lower him or her until the entire weight is on the left, and *vice versa*—always grasping the hand that is to retain its hold of the Ring.

The position of the Teacher should be on the right or left of the Rings facing the pupil.

EXERCISE No. 1.

To Pull Up to Bent Arms.

Ready. On the word "Ready," the pupil will place himself or herself between the rings, grasping a ring in each hand (Fig. 1).

Up. On the word "Up," raise the body until the chin is level with the rings (Fig. 2).

Down. On the word "Down," slowly lower the body to the position of Fig. 1, and drop the hands by the sides.

EXERCISE No. 2.

To Extend the Arms Right and Left.

Ready. As in previous exercise, at the same time pass both feet to the front, and lower the body to the full extent of the arms (Fig. 3).

Up. On the word "Up," bend the arms until the hands are at the rest (Fig. 4) *(i.e.* at the point opposite the breast, to which the hand is raised when the arm is completely bent), sustain the body on the left hand, and extend the right, holding the ring to the full length of the arm (Fig. 5); return it to the rest, repeat the extension with the left hand, return it to the rest.

EXERCISE No. 3.

To Circle through between the Rings.

Ready. As in previous exercise (Fig. 3).

Up. On the word "Up," lift both feet from the ground, and pass them between the rings, the arms and legs to be kept straight (Fig. 6); slowly descend to the ground, completing the circle (Fig. 7), and relinquish the grasp.

EXERCISE No. 4.

To Circle through between the Rings, and back.

Ready. As in exercise No. 2 (Fig. 3).

Up { On the word "Up," proceed as in previous exercise to its completion, but, instead of relinquishing the grasp of the hands, return between the rings, and come to the first position.

EXERCISE No. 5.

To Turn with the Feet in the Rings.

Ready. As in exercise No. 2 (Fig. 3).

Up { On the word "Up," lift both feet from the ground as high as the rings, then separate the feet, right and left, and insert each in its respective ring.

3

Two { On the word "Two," continue the circle, slowly separating the knees, lowering the back, and raising the head (Fig. 8).

Three { On the word "Three," round the back, remove the feet from the rings, let them gradually descend to the front, and come to the first position.

8

EXERCISE No. 6.

To Turn with One Hand, Right and Left.

Ready. As in exercise No. 2 (Fig. 3).

Up { On the word "Up," proceed as in third exercise to the completion of the circle, then relinquish the grasp with the left hand, but retain the grasp with the right hand, at the same time folding the lower limbs under the body (Fig. 9).

9

Two On the word "Two," make a complete turn laterally, re-grasp the ring with the left hand, again extend the limbs to the front, and again pass them between the rings; repeat the turn, retaining the grasp of the left hand, regrasp the ring with the right, and place the feet on the ground.

10

EXERCISE No. 7.

The Cut Away.

Ready. As in exercise No. 2 (Fig. 3).

Up On the word "Up," lift both feet from the ground as high as the rings, place the left knee over the left wrist (Fig. 10); at the same time raise the face between the rings, putting the weight of the body on the right arm, and let go with the left hand to allow the leg to pass, then grasp the ring with the left hand again.

11

Up On the word "Up," repeat the exercise but place the right knee over the right wrist, and let go with the right hand.

This Exercise may be done by putting a knee over each wrist and letting go with both hands. In this case the movements must be done sharply.

12

EXERCISE No. 8.

To Rise above the Rings, Right Hand Leading.

Ready. As in exercise No. 2 (Fig. 3).

Up On the word "Up," raise the body until the arms are at the rest, press strongly on the ring with the palm of the right hand, and raise the fore-arm above the ring (Fig. 11), repeat the movement with the left and straighten the arms (Fig. 12).

Down { On the word "Down," re-bend the right arm, the left following, re-pass the right below the ring, the left following, and place the feet on the ground.

This Exercise to be repeated with the left hand leading.

14

EXERCISE No. 9.

To Rise above the Rings, both Hands Leading.

Ready { As in exercise No. 2, but with the wrists well over and elbows to the front (Fig. 13).

Up { On the word "Up," raise the body until the hands are at the rest (Fig. 14), then, without a pause, press strongly on the rings with both hands, and rise above the rings to the full extension of the arms (Fig. 15).

Down { On the word "Down," slowly re-bend the arms and place the feet on the ground.

13

EXERCISE No. 10.

To Rise above the Rings backwards, both Hands Leading.

Ready. As in exercise No. 2 (Fig. 3).

Up { On the word "Up," lift both feet from the ground and pass them between the rings, at the same time quickly bend the arms, and raise the body between the rings till the hands are close at the sides, and press with both arms (Fig. 16); continue the circle with the feet, raise the body and straighten the arms (Fig. 12).

15

Down { On the word "Down," slowly re-bend the arms and place the feet on the ground.

16

EXERCISE No. 11.

The Forward Roll.

Ready. As in exercise No. 2 (Fig. 3).

Up. On the word "Up," raise the body till the chin is level with the rings (Fig. 17).

Two. On the word "Two," keeping the arms bent, quickly lower the head to the front, at the same time raising the feet backwards (Fig. 18); then raise the body again into the position of Fig. 17, and repeat the movement. During this exercise the feet must be kept together.

17

18

EXERCISE No. 12.

To Stand above the Rings.

Ready. As in exercise No. 9 (Fig. 13).

Up. As in exercise No. 9 (Fig. 14).

Two. On the word "Two," bending the arms and pressing them close in to the sides, slowly lean the head and body to the front; at the same time, keeping the knees straight, elevate the lower limbs by the rear until they are above the head (Fig. 19).

19

Down. On the word "Down," slowly lower the body by the front and place the feet on the ground.

EXERCISE No. 13.

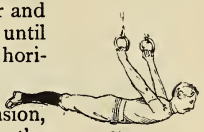
The Backward Plant.

Ready. As in exercise No. 2 (Fig. 3).

Up. On the word "Up," keeping the knees straight, raise the lower limbs by the front above the head, the arms straight, the back hollowed, and head well back (Fig. 20).

20

Two — On the word "Two," keeping the back hollowed, and the lower limbs together and straight, slowly lower them to the rear until the lower limbs and body form one horizontal line (Fig. 21).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Down — On the word "Down," relax the extension, and place the feet on the ground by the rear.

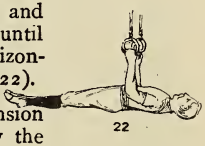
EXERCISE No. 14.

The Forward Plant.

Ready. As in exercise No. 2 (Fig. 3).

Up. As in previous exercise.

Two — On the word "Two," keeping the back hollowed and the lower limbs together and straight, slowly lower them to the front until the lower limbs and body form one horizontal line; arms to be slightly bent (Fig. 22).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Down — On the word "Down," relax the extension and place the feet on the ground by the front.

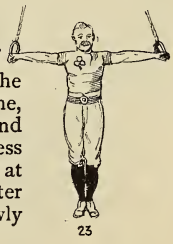
EXERCISE No. 15.

To Extend both Arms.

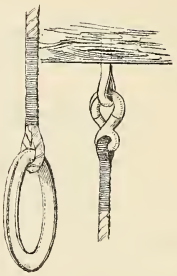
Ready. As in exercise No. 9 (Fig. 13).

Up. As in exercise No. 9 (Figs. 14 and 15).

Down — On the word "Down," slowly lower the body between the rings; at the same time, keeping the arms perfectly straight, extend them outwards from the body, and press strongly on the palms until the arms are at right angles with the body (Fig. 23); after a pause, relax the extension and slowly lower the feet to the ground.


23

THE ROW OF RINGS.



Like those on the Pair of Rings, the exercises on this apparatus are few and simple, but, at the same time, of a most beneficial character. They are most valuable in cases of lateral curvature of the spine, and may be practised without risk, or at any rate without the close attention of the teacher. From the nature of the movements, they supply a direct and powerful means for developing and strengthening both sides of the upper half of the body and both arms to an equal extent, for in passing from one ring to another each side of the body is called on to do the work alone, and thus, the amount of the strain will be the same for each side. The result must therefore be an equal development of both sides of the body.

The Row of Rings should be fixed to the beams in the same manner as the Pair of Rings. They should be suspended at a height of about 6 feet from the floor, and at a distance of from 7 feet to 10 feet from one another. There should not be less than 4 or 5 rings, but, if the length of the Gymnasium will admit, a greater number may, with much benefit, be introduced.

Before beginning an exercise, the pupil should be specially warned to endeavour to avoid any sudden jerks. During the following exercises the head should be kept erect, the breast advanced, the body upright, and the legs bent at the knees.

EXERCISE No. 1.

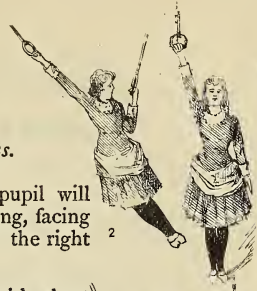
The Single Swing, with Bent Arms.

Ready. On the word "Ready," the pupil will place herself in front of the first ring, facing the row, and grasp the ring with the right hand (Fig. 1).

One. On the word "One," advance with short and quick steps, and spring from the ground at the end of the run, and on nearing the second ring extend the left hand, grasp the ring and bend the arm (Fig. 2).

Two. On the word "Two," straighten the left arm and bend the right (Fig. 3).

Repeat as often as the pupil is able, and, at the end, straighten both arms (Fig. 4), and descend yielding.



EXERCISE No. 2.

The Single Swing, with Straight Arms.

Ready. As in previous exercise.

One. On the word "One," proceed as in previous exercise as far as the spring from the ground, but, on nearing the second ring, extend the left hand and grasp it, at the same moment bringing the left arm straight down by the left side (Fig. 5).

Two. On the word "Two," lower the body by bending the left arm (Fig. 2), then straighten it, rising to the right, with the right arm straight down by the right side (Fig. 6).

Repeat as in previous exercise, and descend yielding.

EXERCISE No. 3.

To Swing along the Rings with Bent Arms.

Ready { As in first exercise, but with the back towards the row of rings.

Swing { On the word "Swing," advance three short and quick steps, and, springing from the ground from the left foot, turn quickly to the right (Fig. 7), on approaching the second ring, extend the left hand and grasp it, and, while retaining it lightly in the hand, return to the furthest point of the backward oscillation on the ring, grasped by the right; at this point quit the grasp of the right, withdrawing the hand lightly and leaving the ring perfectly motionless, turn to the left and bring the right hand in full sweep round by the thigh (describing a half circle in the sweep) (Fig. 8), and, extending it to the front, grasp the next ring, and so on alternately.

7

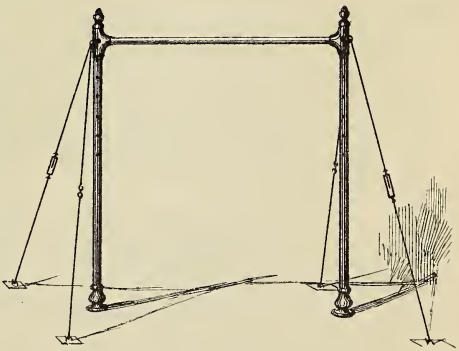
8

Halt { On the word "Halt," complete the movement, retaining a ring in each hand (Fig. 4).

Down { On the word "Down," gently re-place the feet on the ground, and relinquish the grasp of the hands, leaving the rings motionless.

This Exercise may be repeated with straight arms.

THE HORIZONTAL BAR.



Perhaps no piece of apparatus in the Gymnasium tests the strength and pluck of the pupil more than the Horizontal Bar, and on that account probably is it looked upon with so much interest by aspiring athletes. The exercises, even in their simplest form, require no little strength and agility on the part of the pupil, and, as they tend principally to develop the chest and upper limbs of the body, their value cannot be over estimated.

The position of the teacher must vary according to the nature of the exercise set, but in every case he must pay the closest attention to the movements of the pupil.

The bar itself should be fully 6 feet long and about $1\frac{5}{8}$ inches in diameter, and through its centre a steel core, $\frac{3}{4}$ of an inch in diameter, should run from end to end. A sketch of a very useful and portable bar is given (Fig. 1), shewing the nature of the supports, and how it may be fixed up. We have used a bar of this description supplied by Mr. George Spencer, London, Manufacturer of Gymnastic Apparatus to Her Majesty the Queen, for many years, and we cannot recommend a better. The bar should admit of being raised from 3 to 8 feet above the mattress.

EXERCISE No. 1.

To Walk along the Bar with Straight Arms.

Ready { On the word "Ready," assume the position of attention, facing the bar (Fig. 2).

Up { On the word "Up," raise both hands and grasp the bar, the hands the width of the shoulders apart, the fingers and thumbs together, the arms straight, the trunk of the body upright, the legs straight and together, the feet together and pointed to the ground (Fig. 3).

March { On the word "March," advance the left hand to the right, then advance the right hand 8 or 10 inches to the right and so on alternately.

Halt. On the word "Halt," complete the step.

Down { On the word "Down," place the feet to the ground, and bring the arms by the sides.

This Exercise to be repeated with the left hand leading.

2

3

EXERCISE No. 2.

To Walk along the Bar with Straight Arms and Hands Reversed.

Ready. As in preceding exercise.

Up { As in preceding exercise, with this exception, that the palms of the hands are turned inwards (Fig. 4).

March. As in previous exercise.

Halt. As in previous exercise.

Down. As in previous exercise.

This Exercise to be repeated with the left hand leading.

4

EXERCISE No. 3.

To Walk along the Bar with Bent Arms.

Ready. As in first exercise.

Up { As in first exercise to the grasp; then slowly pull up till the chin is above the bar (Fig. 5).

5

March { As in first exercise, but with arms kept bent.

Halt { On the word "Halt," complete the step, and lower the body downwards till the arms are straight (Fig. 3).

Down. As in first exercise.

This Exercise to be repeated 1st with the left hand leading, and 2nd with the hands reversed, right and left hand leading alternately.

EXERCISE No. 4.

To Rise to the Bar.

Ready { Position of attention, facing the centre of the bar.

6

Up { On the word "Up," spring from the ground and grasp the bar, the hands the width of the shoulders apart, the fingers and thumbs together, the arms straight, the legs straight and together, and the toes pointed to the ground, the head upright (Fig. 3).

Two { On the word "Two," bend the arms raising the body until the chin rises above the bar (Fig. 5).

Down { On the word "Down," sink again to the full extent of the arms, and place the feet on the ground.

This Exercise to be repeated with the hands reversed (Fig. 6).

EXERCISE No. 5.

To Circle over the Bar.

Ready. As in fourth exercise.

Up. As in fourth exercise.

Two. On the word "Two," lift both feet from the ground, knees straight until the feet are as high as the bar, arms straight (Fig. 7), carry them over the bar, letting the upper part of the body pass under, up the front, and over the bar, while the lower limbs ascend, pass over the bar and descend to the rear, until the whole body has cleared the bar, and rests in a perfectly vertical line on the hands with the arms extended (Fig. 8).

7

8

Down. On the word "Down," press slightly from the hands, and slowly lower the feet to the ground.

This Exercise to be repeated with the hands reversed.

9

EXERCISE No. 6.

To Circle under the Bar.

Ready. As in fourth exercise.

Up. As in fourth exercise.

Two. On the word "Two," keeping the arms straight, lift both feet from the ground, knee straight, till the feet are as high as the bar, then bend the knees, pass the lower limbs through between the hands and under the bar (Fig. 9), and slowly lower them by the rear to the full extent of the arms (Fig. 10).

10

Down. On the word "Down," quit the grasp with the hands and descend yielding.

This Exercise to be repeated with the hands reversed.

EXERCISE No. 7.

To Circle under the Bar and Turn.

Ready. As in fourth exercise.

Up. As in fourth exercise.

Two. As in previous exercise.

Turn. On the word "Turn," let the weight of the body hang on the right arm, and quit the grasp with the left hand, when the body will turn as in Fig. 11. Grasp the bar again with the left hand, resume the position of Fig. 10, and quit the grasp with the right hand, describing another turn. Grasp the bar again with the right hand, and place the feet on the ground.

11

EXERCISE No. 8.

To Rise above the Bar, the Right Hand Leading.

Ready. As in fourth exercise.

Up. As in fourth exercise.

Two On the word "Two," bend the arms till the chin rises above the bar (Fig. 5).

Three On the word "Three," raise the right elbow vertically above the bar (Fig. 12), the left following, straighten both arms and rise above the bar (Fig. 8).

Down On the word "Down," re-bend the left arm, the right following; then slowly lower the body till both arms are straight, quit the grasp, and place the feet on the ground.

This Exercise to be repeated with the left hand leading.

12

EXERCISE No. 9.

To Rise above the Bar, Both Hands Leading.

Ready. As in fourth exercise.

Up { On the word "Up," spring from the ground and grasp the bar, the width of the shoulders apart, the fingers and thumbs meeting over the bar, and the wrists well over (Fig. 13).

13

Two { On the word "Two," bend the arms, raising the body until the chin rises above the bars (Fig. 13½), continue the upward movement till the body rises above the bar to the full extension of the arms (Fig. 8).

13½

Down { On the word "Down," slowly re-bend the arms, taking care not to touch the bar with the body, sink below the bar, quit the grasp, and descend yielding.

EXERCISE No. 10.

To Rise above the Bar, the Right Leg Acting.

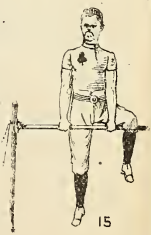
Ready { As in fourth exercise, (but with thumbs under the bar)

Up. As in fourth exercise.

Two { On the word "Two," keeping the arms straight, lift both feet from the ground, knees to be kept perfectly straight till the feet are as high as the bar (Fig. 7); separate the feet and pass the left leg over the bar, resting on it under the knee, the right leg remaining straight (Fig. 14).

14

Three { On the word "Three," throw the right leg outwards and under the bar with a momentum sufficient to raise the body above it; at the same time press with both hands, straightening the arms, advance the left leg, and rest on the bar (Fig. 15).



15

Down { On the word "Down," lift the left leg over the bar and come to the position of Fig. 8, then, after a slight pause, slowly re-bend the arms, sink below the bar, quit the grasp, and descend yielding.

16

This Exercise to be repeated with the left leg acting.

EXERCISE No. 11.

The Sit Swing.

Ready. As in fourth exercise.

Up { Proceed to circle over the bar till the position of Fig. 8 is reached.

17

Two { On the word "Two," turn the body round by the right, and sit on the bar (Fig. 16).

Swing { On the word "Swing," raise the body from the bar with the hands (Fig. 17), and, bringing the hollow of the knees close to the bar, throw the head and body backwards with a momentum sufficient to carry it round the bar till the position of Fig. 16 is again reached.

Repeat as often as desirable, ending in position of Fig. 16.

Down { On the word "Down," push from the bar with the hands, and descend yielding (Fig. 18).

18

N.B.—In learning this exercise, the bar should be placed about 4 feet from the ground.

EXERCISE No. 12.

The Back Lift.

Ready. As in fourth exercise.

Up { On the word "Up," proceed as in sixth exercise till the lower limbs pass through between the hands and under the bar (Fig. 9).

Two { On the word "Two," hollow the back and pass the feet up over the bar, at the same time pulling strongly with the hands (Fig. 19), and sit on the bar (Fig. 16).

Down. As in previous exercise.

19

EXERCISE No. 13.

The Muscle Grind.

Ready. As in fourth exercise.

Up { Proceed as in previous exercise till the position of Fig. 19 is reached.

Two { On the word "Two," slowly lower the limbs to the front, at the same time slipping the arms in below the bar, and placing the forearms close by the sides (Fig. 20).

20

Swing { On the word "Swing," elevate the feet to the front in line with the face, then throw them outwards and downwards with a momentum sufficient to cause the body to revolve round the bar.

Repeat, without a pause, as often as desirable, ending in the position of Fig. 20.

21

Down { On the word "Down," slowly lower the body by the front, re-grasping the bar with the hands (Fig. 21), and, after a slight pause, drop to the ground and bring the hands by the sides.

EXERCISE No. 14.

The Hand Grind.

Ready. As in fourth exercise.

Up { As in twelfth exercise till position of Fig. 19 is reached.

Swing { On the word "Swing," slipping the thumbs under the bar, advance the body to the front till the bar is under the small of the back, at the same time raising the feet (Fig. 22), then throw them outwards and downwards with a momentum sufficient to cause the body to revolve round the bar.

Repeat continuously as often as desirable, ending in the position of Fig. 22.

Down { On the word "Down," proceed as in previous exercise.

22

23

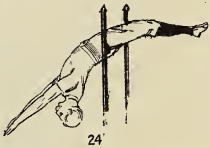
EXERCISE No. 15.

The 'Tention Drop.

Ready. As in fourth exercise.

Up { Proceed as in twelfth exercise till the pupil sits on the bar (Fig. 23).

Down { On the word "Down," keeping the knees straight and the back hollowed, throw the hands over the head (Fig. 24), the lower limbs describing nearly a complete circle, and alight behind and facing the bar.



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EXERCISE No. 16.

The Upstart.

Ready { On the word "Ready," assume the position of attention, about 4 feet in front of the bar (Fig. 25).

25

Up { On the word "Up," spring from the ground with both feet, grasping the bar with both hands, thumbs and fingers together, back well hollowed, chest well to the front, lower limbs straight and well in rear (Fig. 26).

26

Two { On the word "Two," catching the swing, let the lower limbs swing to the front, and, keeping the knees straight, rise till the toes are in line with and close to the bar (Fig. 27).

Three { On the word "Three," catching the backward oscillation of the body, throw the feet outwards and downwards by the front, the knees still straight, and pulling with the hands, raise the body above the bar, with the arms straight (Fig. 28).

27

Down { On the word "Down," bend the arms and slowly lower the body to the ground.

This Exercise forms the *key* to nearly every advanced exercise on the bar, and should be thoroughly mastered by every aspiring athlete.

28

EXERCISE No. 17.

Upstart and Vault.

Ready. As in preceding exercise.

Up { On the word "Up," proceed as in the previous exercise till the position of Fig. 28 is reached, then, without a pause, slipping the thumbs round the bar, elevate the lower limbs in position over the bar by the right (Fig. 29), and turning the head to the left, descend facing the bar, and alight yielding.

29

This Exercise to be repeated by the left.

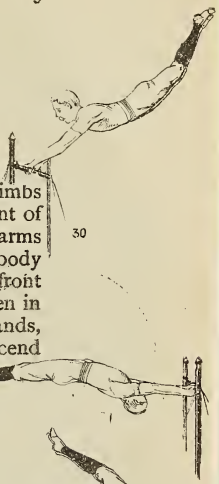
EXERCISE No. 18.

The Backaway.

Ready. As in sixteenth exercise.

Up. As in sixteenth exercise.

Off. On the word "Off," throw the lower limbs upwards and backwards to the full extent of the arms (Fig. 30), and, keeping the arms straight and the back hollowed, let the body swing downwards and upwards to the front till in line with the bar (Fig. 31). When in this position, lose the grasp of the hands, describe a circle with the body, and descend yielding, with the back to the bar.



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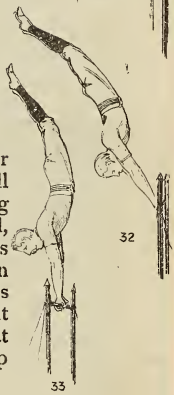
EXERCISE No. 19.

The Grand Circle.

Ready. As in sixteenth exercise.

Up. As in sixteenth exercise.

Swing. On the word "Swing," throw the lower limbs upwards and backwards to the full extent of the arms (Fig. 30), and, keeping the arms straight and the back hollowed, let the body swing downwards and upwards in front of the bar (Fig. 32). When in this position, suddenly bring the hands above the bar, and press up to straight arms (Fig. 33). From this position, repeat the swing as often as desired, ending up with the backaway.



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33

THE CONSTRUCTION, DIMENSIONS, AND REQUIREMENTS OF GYMNASIA.

The Question has often been put to me, "What sort of a Building is required for a Gymnasium? of what size should it be? and what sort of Apparatus should be placed in it?" The answer to the above queries depends so much on the resources that may be available that it would be impossible to give any definite reply without being informed on this point. I propose, however, to refer shortly, in the following remarks, to the queries mentioned, in the hope that they may guide enquirers in procuring suitable Gymnasia.

I.—The Construction of a Gymnasium.

To ensure regular and uninterrupted exercise, we must, in a climate such as ours, arrange for the exercises being carried on under cover, and therefore a building of some sort is absolutely necessary. This being admitted, the building must, 1st, be properly ventilated, 2nd, be well lighted, and 3rd, have an adequate amount of space. It should be oblong or cruciform, and the apparatus ought to be arranged in such a way as to admit of the utmost facilities for both pupils and teachers. The roof should be open, with one part, the central, loftier than the rest. Attached to the Gymnasium should be one or more Dressing-rooms, with Bath-room and Lavatories annexed. One or more open fire-places should be distributed through the building in order to keep the temperature of the room at a comfortable height, and in order to dry and keep dry the apparatus which, from contact with the warm naked hand, becomes moist.

Round the Gymnasium a gallery should, if possible, be fitted up for the convenience of spectators, who should be encouraged to visit the Gymnasium, while, at the same time, they should not be allowed to mix among, or in any

way interfere with, the working of the members. By according this privilege to visitors, large additions to the membership may be secured, while, on the other hand, their presence stimulates the members to greater activity, and, at the same time, aids in maintaining discipline and order, without which the work of a Gymnasium cannot be beneficially and effectively carried on.

II.—The Dimensions of a Gymnasium.

A building to be suitable for a fully equipped Gymnasium should not be less than 80 feet by 40 feet, but, in many of our large centres of population, where such buildings are most required, it would be difficult to secure, at a reasonable figure, a site which would give even these dimensions. In such cases, an ordinary hall or school may be secured and fitted up according to the space available. Assuming that a ground space of the above dimensions is available, the walls should be at least 20 feet in height, and the beams, to which the climbing apparatus is to be attached, should be at least 25 feet from the floor. The Dressing-rooms should be roomy, and admit of at least fifty pupils dressing at the same time.

III.—The Requirements of a Gymnasium.

The requirements of a Gymnasium depend entirely on the means available for procuring the same. The apparatus is of two kinds: *First*, apparatus which the pupils can lift or move about, while they themselves remain stationary, and *Second*, apparatus which is fixed and stationary, while the pupils move and turn upon it. Of the first kind, Indian Clubs, Bar Bells, and Dumb Bells are examples. These, when not in use, should be ranged in racks along the walls. The remaining kind consist of the Elastic Ladder, Row of Rings, Bridge Ladder, Horizontal Bar, Parallel Bars, Vaulting Horse, and such like. The Elastic Ladder and Row of Rings may be arranged along one side of the Gymnasium, while the Bridge Ladder may be placed at one end of the building. On the other side, the Parallel Bars and the Horizontal Bar should be placed, but these,

being movable, may at times be fixed up in the centre or other convenient portion of the building. The Vaulting Horse, requiring as it does a run of some 30 feet or thereby, may be placed in a part of the building where the pupils working on it will not interfere with the other classes. The Climbing Apparatus, such as the Rope, or Vertical Pole, should be hung from the highest part of the roof. In addition to the foregoing apparatus, a supply of suitable mattresses should be procured, and, with a piano added for musical drill, the above requirements will provide ample means for hundreds of pupils engaging in a complete system of physical training.

BYE-LAWS FOR THE REGULATION OF A GYMNASIUM.

In the beginning of the Manual, I laid down a few Rules to be kept in mind by the teacher as well as by the pupils, and, as it is impossible to secure the best results without adopting some well defined method of procedure, I annex a series of Bye-Laws, which, from an experience of over twenty years, I have found to be not only conducive to the comforts of the members themselves, but also absolutely necessary for securing for them the benefits they desire to obtain from joining such an Institution.

They are as follows :—

1.—Every pupil on joining should sign the Club's Album. His full name, address, and occupation ought to be entered. His age, date of joining, height, weight, chest measurement, dimensions of fore-arm, upper arm, calf of leg and thigh should be noted, and a slip containing a duplicate of these particulars handed to him for reference.

2.—No pupil shall take part in any exercise unless in the uniform of the Club.

3.—Every pupil while engaged in practice shall be under the control of the leader or teacher in whose squad he is placed, and shall, in every case, submit to his orders or instructions.

4.—Every pupil using any of the moveable apparatus, *e.g.*, Dumb Bells, Indian Clubs, and such like, shall, at the conclusion of the practice, quietly restore them to their proper places.

5.—Assistance must be asked for and given in all exercises attended with risk, and no pupil shall attempt any exercise that has been forbidden, or interfere with any other pupil while engaged in doing an exercise.

6.—Before commencing practice, the leader shall ascertain that the apparatus is in a safe condition. He should explain each exercise, and gradually proceed from simple to more difficult ones. He should also prevent disorder in his squad by maintaining the close attention of his pupils to the exercises being done, and at once suppress anything that might tend to discourage or annoy.

7.—Every pupil shall hang up his clothes in the dressing room, and at the conclusion of his exercise shall replace his uniform in the locker assigned to him for that purpose.

8.—No pupil shall use or interfere with another's uniform, arms, masks, &c., and no pupil shall fence or play single-stick without his mask, jacket, and glove, or thrust at another who is not so prepared.

9.—The Captain of the Club, or in his absence, the Senior Leader or Instructor, shall be responsible for the proper discipline of the Gymnasium, and, where the Gymnasium is under the control of a Committee, submit to its members for their approval, the hours for practice and the nature of the work to be done.

10.—The Captain, or in his absence, the Senior Leader or Instructor, shall have power to remove any pupil from the Gymnasium, who, after being warned, shall persist in disobeying his orders.

11.—All the pupils in the Gymnasium shall fall in for squad practice or mass exercises at the hours appointed, and while these are going on, no member should be allowed to loiter about in the Gymnasium, or to practice at any of the apparatus.

12.—Smoking is strictly prohibited in any part of the Gymnasium during Club hours.

DIRECTIONS FOR TAKING MEASUREMENTS.

HEIGHT *(without boots).*—The pupil should stand at attention, the heels, hips, shoulders, and back of head against the pillar of the standard. The height to an eighth of an inch to be recorded.

WEIGHT *(in working costume).*—The weight to a quarter of a pound to be recorded.

CHEST *(over the naked breast).*—The pupil should stand at attention, but with the arms extended out from the body, in line with the shoulders, palms of the hands upwards and open. The tape should be passed round the chest in line with the nipple. During the measurement the pupil must not expand the chest more than in the ordinary breathing, and should be asked to count *ten* in an audible tone. The measurement to a quarter of an inch to be recorded.

FORE ARM.—The arm should be extended as in the chest measurement, but with the hand firmly clinched.

The tape should be passed round the thickest part of the arm, which is generally from two to three inches below the elbow. The measurement to an eighth of an inch to be recorded.

Upper Arm.—The hand should be firmly clinched as in the fore arm measurement. Slowly bend the arm from the elbow till the hand touches the shoulder. The tape should then be passed round the thickest part of the arm. The measurement to an eighth of an inch to be recorded.

Calf of Leg.—The leg should be kept straight, the toes pressed down and the heel raised from the ground, while the tape should be passed round the thickest part of the calf. The measurement to an eighth of an inch to be taken.

Thigh.—The leg should be kept in the same position as in the preceding measurement. The tape should be passed round as high up as will admit of a horizontal measurement. The measurement to an eighth of an inch to be taken.

Opinions of the Press, &c.

The *Scotsman*.—"Mr. George Cruden's Manual of Musical Drill is an excellent work of its kind. It is addressed specially to teachers in schools, and gives a great number of useful directions and exercises in drill and gymnastics. It is eminently practical, and there can be few teachers of gymnastics who would find nothing to learn from its closely filled pages."

The Educational News.—"Many teachers, we take it, will be glad to notice the issue of this very complete manual. It contains a large number of exercises of all kinds, simple, intermediate, and difficult; some suitable both for boys and for girls, some specially adapted for the separate sexes, and some highly useful for volunteers. The majority of the exercises, moreover, *need no special apparatus*, so that any school that cares can forthwith enter on an excellent course of gymnastics. Careful directions, illustrations, and musical accompaniment are supplied with each exercise. The book contains, besides, hints as to the proper dress, how to conduct the lesson, how to conduct and manage a gymnasium, and is really one that we can heartily recommend. In towns especially, the need for some counterbalance to the strain of the code is urgently needed, and Mr. Cruden, we think, has very successfully shown how to provide it."

Aberdeen Journal.—"Viewing the book as a whole, we find various things to commend. The author has a distinct idea of what he aims at, and approaches the goal steadily and surely—from simple exercises, the young athlete is led by easy gradations to highly difficult movements. Everything is clearly explained, and the utmost stress is laid on perfect discipline and on the exact performance of each exercise. Mr. Cruden's military experience is, of course, partly responsible for the importance attached to minute accuracy—an importance, however, none too great, for every teacher knows the necessity for making sure of each step in the educational march. The book is divided into two sets of exercises—those requiring little, if any, apparatus, and those requiring both a good deal of apparatus and individual teaching. Some of the exercises are specially intended for ladies' schools, to secure to the pupils physical training and a graceful carriage. The Manual contains music to accompany the exercises, and four hundred illustrations, rules for conducting lessons, hints for managing gymnasia, and is altogether very complete. We wish it all success."

Aberdeen Free Press.—"Whatever may be said as to the relative value of the subjects that compete for admission into the curriculum of mental education, there can be but one opinion as to physical or bodily education, which is that this all important subject should not be neglected, and that every effort to secure a sound body as the workshop of a sound mind, should receive the utmost encouragement. Major Cruden's book is not to be criticised as a literary production, because it does not profess to be anything of the kind. It is simply a valuable hand-book of drill, drawn up by one who has devoted a large portion of his spare time in a busy life to the development of the subject. The exercises have been tested over and over again, and the present complete volume furnishes precise directions (with useful drawings), for the practice of musical drill, gymnastics, dumb-bell, Indian club, bayonet and sword exercises. Major Cruden's book provides a series of graduated exercises which will be of the utmost value to school children. To men who lead a sedentary life, and who are wise enough to strengthen their constitutions, and probably to lengthen their lives by the practice of athletics, the book will be welcome. The work is in all respects an admirable one, and is cordially to be commended to the notice of all school boards and teachers who have at heart the bodily as well as the mental interest of the young folks committed to their charge."

The *Banffshire Journal.*—"This is an excellent hand-book, comprising marching drill, dumb-bell, Indian club, and bar-bell exercises, hoop drill, rifle, bayonet, and sword exercises, with an admirable musical accompaniment to each. Major Cruden's system of physical training has been in use for some time in the schools in Aberdeen and the neighbourhood, with the very best results. The children have improved in physique and in general health, while the erect carriage and the development of muscle bear ample testimony to the value of such a training. In this book we have minute and precise details by a gentleman of large practical knowledge of gymnastics and physical exercises generally. The work will be welcomed by every one who takes an interest in the bodily as well as the mental welfare of our children."

The Dundee Advertiser.—"This manual of Musical and Physical Training makes a timely appearance, when our school boards and instructors of youth are taking as their motto, *mens sana in corpore sano*. Many school boards are considering whether and how they can introduce physical exercises for promoting the health of the children under their charge, and stimulating and strengthening them for greater mental exertion. These and other facts clearly declare that increased attention is being given to physical training, and

point distinctly to the prevalence of the idea that such training must be received by the youth of the country if it is to be of the highest and most lasting benefit. By all who have been interesting themselves in the matter, Major Cruden's book will be warmly welcomed. The directions for going through the exercises are expressed in clear and simple language, and the words of command to be given by the teachers (after the instruction has been given), are put with distinctness at the sides of the pages. Altogether the work can be heartily commended."

The Northern Advertiser.—"The Manual before us is a marvel of simplicity, clearness, and succinctness. Every movement calculated to exercise the muscles and develope the physique is not only described in the letter press, and illustrated in each stage of its performance, but set to singularly appropriate music. So perfect are the instructions given in this Manual that any one could, with ease, teach one's self a complete course of dumb-bell exercises, free gymnastics, Indian club exercises, or any other of the sixteen series of movements detailed in the book, by merely studying and following the printed instructions. The book will, before many days have elapsed, find its way into the possession of many teachers, male and female, throughout the United Kingdom, else we are much mistaken. We repeat, that Major Cruden deserves the thanks of the community; and every household should become possessed with a copy of this excellent manual for purposes of study and practice."

Northern Figaro.—"Major Cruden's 'Manual of Musical Drill and Physical Exercises' is admirably adapted for the purposes of a text-book, and, for teacher and pupil alike, is equally advantageous. The book is excellently arranged, clearly printed, and altogether suited to the purposes for which it has been got up. The book has some 400 illustrations, and is attractively bound."

The Chiel.—"The Manual embraces musical drill and a system of physical training for the use of teachers, and is one of the best written and easily understood works on the subject that we have seen. Music is printed in the book, and the letter press, while distinct and easily read, is made plain by the introduction of numerous well drawn figure pictures, numbering in all about 400. The whole work is altogether a decided improvement on anything of the kind previously issued, and the author is to be congratulated on the successful treatment of his subject."

Scottish Referee.—"The book, which extends over 230 well printed and easily read pages, is remarkable for the lucidity of every one of the lessons or instructions. The music of some of the drills is given in the old notation. The work from beginning to end

is most interesting, is free from many redundancies to be found in most books purporting to teach gymnastics, and must be of the greatest benefit to instructors and pupils alike. With such a book in one's possession physical exercise is possible in every home."

From JAMES BREBNER, Esq., M.A., *Rector, Harris Academy, Dundee.*

"Teachers throughout the country who have been using Mr. Cruden's manual will welcome the appearance of this enlarged and improved edition. They will find in it many new exercises, neatly executed illustrations, and musical accompaniments which add greatly to the interest and precision of the movements. I have examined most of the manuals of School Drill and Gymnastics which have been published in Liverpool, Manchester, and elsewhere, and in my opinion Mr. Cruden's little book is superior to them all. Any teacher with a turn for athletics can easily acquire the ability to train his pupils by following the instructions given in its pages, but if he resides within 50 miles of Aberdeen it will be worth his while to pay a visit to the Granite City and see the author drill a class. He will then have an ideal towards which he may aspire, and his verdict is certain to be the same as has been pronounced by H.M. Inspector of Schools, who says 'The precision, rapidity, grace, and variety of the movements and revolutions were simply marvellous.' A word of praise is due to Mr. Thomson who has supplied or selected simple and tuneful melodies to enliven the exercises."

From JOSEPH OGILVIE, Esq., A.M., LL.D., *Rector, Aberdeen C. of S. Training College.*

"I am pleased to have an opportunity of expressing my opinion of the system of Physical Instruction as introduced and taught by Major Cruden. In the capacity of Lecturer on this branch in our Training College, he has succeeded in investing the lessons with so much freshness and interest that it is truly delightful to witness the spirit and enjoyment of the students. The splendid results that are being attained I attribute to the pleasing variety of the exercises, the musical accompaniments—arranged and so well adapted to the movements by Mr. John Thomson, Jun.—and the personal skill and enthusiasm of the Lecturer. The attention, precision, and activity demanded for the proper performance of the different movements and evolutions cannot fail to benefit the minds and morals of the pupils as well as their health and physical development. For the purpose of promoting this most important but much neglected department of Education, Major Cruden is taking care to enable us to send out our students duly qualified to undertake the physical training of the children in school. In this way it is to be hoped the subject will receive the attention that its importance demands."

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